

WEIGHT LOSS DIET

MORNING DRINK- 1glass amla juice /dhaniya water

BREAKFAST OPTIONS-

2DAYS- 1glass chocolate chia pudding [use plant based milk]

2DAYS- 1sunny side up+1bread toast/makhana milk

3DAYS- 2quinoa chilla /sweet potato pomegranate chaat

MID- MORNING- coconut water

LUNCH- have apple cider vinegar 1hr before lunch [add 1spoon ACV in warm water]

3DAYS- 1jowar roti+any sabji or dal+salad

2DAYS- soya bhurji+salad /lobia curry+rice+salad

1Day- egg roll

1Day- meal of your choice

EVENING SNACK- milk tea/turmeric tea+bhel

DINNER-

3DAYS- mix veg sabji+1 bowl sprouts /mushroom soup

2DAYS- pumpkin soup+2egg whites /1glass turmeric milk+1banana

2 DAYS- kala chana salad/grilled tofu salad

BEDTIME- 1cup fennel tea

DOs / DONTs

1. Should have frequent and small meals.
2. Have at least 2-3 liters of water a day.
3. Have at least 7 hours of sleep daily.
4. Avoid the intake of sweetened drinks like colas, juices, etc.
5. Avoid adding salad dressing/mayo/any other type of sauces.
[Only vinegar dressing is allowed]
6. For mid night cravings you can go for any fruit/roasted makhana/chana.
7. Vegetables - all seasonal vegetables are allowed except arbi.
Potato is allowed only once a week.
8. Fruits - all fruits except are allowed.
9. Oil – Not more than 3-4 Tbsp of oil (including ghee) in a day.
10. Do not add extra salt in salads, curd,fruit salad. Avoid papad.
11. Always use low fat milk and its products.
12. Any form of physical activity like walking, jogging, dancing, yoga etc. for at-least 40 mins for 5 days a week is highly recommended.
13. Choose multigrain / wheat bread
14. Limit your sugar intake to not more than 2 tsp a day or avoid it

15. Manage your stress and Do some deep breathing at any time of the day.

