

WEIGHT LOSS DIET

MORNING DRINK- 1glass tulsi leaves water+2walnuts soaked

BREAKFAST OPTIONS-

3DAYS- 2peanut butter toast/panner sandwich

2DAYS- veg. poha/quinoa upma

2DAYS- 2 ragi chilla+amla chutney

MID- MORNING- 1glass chia seed lemon water+any seasonal fruit

LUNCH-

3DAYS- 1methi stuff roti+any dal or sabji+salad

2DAYS- 1peanut jiggery prantha+any sabji

2Days- brown rice pulao+curd+salad

EVENING SNACK- lemon grass tea+makhana

DINNER-

3DAYS- carrot kheer /oats appe+chutney

2DAYS- ragi soup/chickpea tikki+green chutney

2 DAYS- 1bowl mx veg sabji+1bowl boiled sprouts

BEDTIME- 1cup cinnamon 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 banana and sapota are allowed except on detox diets. But you can use banana in smoothies as instructed in the diet.
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.

