

WEIGHT LOSS DIET

MORNING DRINK- methi seed water+5soaked almonds+2walnuts soaked

BREAKFAST OPTIONS-

3DAYS- 2peanut butter toast/chickpea sandwich

2DAYS- grilled panner chaat/quinoa upma

2DAYS- 1 ragi chilla with panner stuffing+amla chutney /2egg whites scramble eggs

MID- MORNING- 1glass chia seed coconut water

LUNCH-

3DAYS- 1methi stuff roti+any dal or sabji+salad/sprouts pulao+curd+salad

2DAYS- 1peanut jaggery prantha+any sabji

2Days- kala chana curry+rice+curd+salad

EVENING SNACK- green tea+1apple with peanut butter /protein bar [once or twice a week]

DINNER-

3DAYS- masala egg salad/sautéed tofu salad

2DAYS- lentil soup/rajma tikki+green chutney

2 DAYS- oats with curd/sprouted moong mushroom salad

BEDTIME- 1cup flax seed water

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.

