

WEIGHT LOSS DIET

MORNING DRINK- 1cup turmeric tea+2brazil nuts

BREAKFAST OPTIONS-

2DAYS- makhana milk

2DAYS- chickpea sandwich/ragi upma

3DAYS- 2masoor dal chilla+amla chutney/chococlata chia pudding

[use any plant based milk]

MID- MORNING- any seasonal fruit+30gms seed

LUNCH-

3DAYS- 1jowar/multigrain atta roti+any sabji or dal+salad+curd

2DAYS- sprouts pulao+salad+flax seed raita /brown rice+lobia cuury+salad

1Days- 1spianch wrap

1Day- meal of your choice

EVENING SNACK- green tea/milk tea + roasted chana

DINNER-

2DAYS- oats appe+cococnut chutney/1veg uttapam+sambhar

3DAYS- sprouts mushroom salad/panner+sautéed vegetable

2 DAYS- 1bowl gheeya chana dal/quinoa salad

BEDTIME- 1cup jeera tea

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar puffs

Sweet Cravings:

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate

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] avoid adding excess of spices and oil in food.
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.

