

WEIGHT LOSS DIET

MORNING DRINK- 1cup cinnamon ginger tea [add pinch of cinnamon and grated ginger in cups of water boil it for 5 min and drink]

BREAKFAST OPTIONS-

2DAYS- 2high protein palak chilla/chickpea sandwich [2slice wheat bread]

2DAYS- oats appe+chutney/2 ragi chilla+amla chutney

3DAYS- choco chia pudding/oats banana smoothie [2tsp oats,1banana,2dates,1tsp chia seed,7-10almonds soaked.1cup water blend and enjoy]

[use plant based milk only]

MID- MORNING- any seasonal fruit

LUNCH-

3DAYS- 1barley roti+any dal+salad

2DAYS- brown rice+any curry+salad

1Day- 1peanut jaggery prantha+any sabji

1Day- meal of your choice

EVENING SNACK- lemon grass tea+roasted chana

DINNER-

3DAYS- moong dal idli+coconut chutney/1bowl bhel puri

2DAYS- gheeya chana dal/sautéed tofu salad

2 DAYS- oats soup/hara bhara kakab+green chutney

BEDTIME- 1cup chamomile 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.

