

WEIGHT LOSS DIET

MORNING DRINK- 1glass moringa water

BREAKFAST OPTIONS-

2DAYS- chickpea sandwich [2slice wheat bread] / oats appe+chutne

2DAYS- 2peanut butter toast/2quinoa chilla +amla chutney

3DAYS- dry fruit shake/oats with curd

MID- MORNING- buttermilk/carrot juice

LUNCH-

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

2DAYS- vegetable khichdi+curd

1Days- sprouts pulao+vegetable raita

1Day- meal of your choice

EVENING SNACK- beetroot tea/milk tea+any seasonal fruit

DINNER-

2DAYS- moong dal idli+coconut chutney/ hara bhara kakab+green chutney

3DAYS- gheeya chana dal/panner cabbage salad

2 DAYS- carrot kheer/makhana milk

BEDTIME- 1cup chamomile tea [optional]

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.

