

WEIGHT LOSS DIET

MORNING DRINK- 1glass ginger lemon tea+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- ragi upma /1glass dry fruit shake

2DAYS- veg. poha/veg.vermicelli

3DAYS- 1besan beetroot chilla+green chutney/1quinoa chilla+green chutney

MID- MORNING- chia seed coconut water

LUNCH-

3DAYS- 1makki roti+anydal or sabji+salad+curd

2DAYS- 1moong dal prantha+any green vegetable

1Day- 1spinach wrap

1Day- meal of your choice

EVENING SNACK- beetroot tea+roasted chana

DINNER-

3DAYS- carrot kheer/sprouts salad

2DAYS- 2idli+sambar/ panner cabbage salad

2 DAYS- lentil soup/1bowl gheeya chana dal

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]
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.

