

WEIGHT LOSS DIET

MORNING DRINK- 1cup kesar tea+5almonds soaked

BREAKFAST OPTIONS-

3DAYS- hung curd sandwich/quinoa upma

2DAYS- chocolate smoothie/veg. macroni

2DAYS- oats appe+coconut chutney/1besan toast+green chutney

MID- MORNING- any seasonal fruit

LUNCH-

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

2DAYS- meal of your choice/sprouts pulao+curd+salad

2Days- 1moong dal prantha+any sabji/1spianch wrap

EVENING SNACK- matcha tea/turmeric tea+30gms seed mix

DINNER-

3DAYS- Mexican soup/1ragi chilla+chutney

2DAYS- carrot kheer/panner cabbage salad

2 DAYS- chickpea tikki+green chutney/soya chunk salad

BEDTIME- 1cup cinnamon 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 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.

