

WEIGHT LOSS DIET

MORNING DRINK- 1cup dhaniya lemon water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- chickpea sandwich

2DAYS- 2ragi chilla+amla chutney/oats with curd

3DAYS- veg.poha/dry fruit shake

MID- MORNING- 1 seasonal fruit/ash gourd juice

Note – take AVC in luke warm water 1hr before lunch [add 1spoon avc in lukewarm water]

LUNCH-

3DAYS- 1bajra roti+anydal or sabji+salad

2DAYS- sprouts pulao+vegetebale raita /1moong dal prantha+any sabji

1Day- 1 spinach wrap

1Day- meal of your choice

EVENING SNACK- cinnamon tea/milk tea+popcorn

DINNER-

3DAYS- 1 quinoa chilla with veggies / 1 plain dosa+sambhar

2DAYS- carrot kheer/ sprouts mushroom salad

2 DAYS- chickpea tikki+green chutney / oats appe+coconut chutney

BEDTIME- 1cup flax seed water

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.

