

WEIGHT LOSS DIET

MORNING DRINK- 1cup herbal tea

BREAKFAST OPTIONS-

3DAYS- veg, upma /veg. poha

2DAYS- chickpea sandwich/2masoor dal chilla+amla
chutney

2DAYS- dry fruit shake

MID- MORNING- any seasonal fruit

LUNCH-

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

2DAYS- 1palak roti+dal makhaani+salad /2whole wheat
pao+bhaji+salad

1Day- 1moong dal prantha+any sabji

1Day- meal of your choice

EVENING SNACK- milk tea/matcha tea+khakhra

DINNER-

2DAYS- carrot kheer/ragi soup

2DAYS- oats appe+coconut chutney/sauteed tofu Salad

3DAYS- vegetable daliya/palak khichdi

BEDTIME- 1cup ginger 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.

