

WEIGHT LOSS DIET

MORNING DRINK- 1glass jeera ginger tea [boil grated ginger abd 1tsp jeera in water for 5-7 min]

BREAKFAST OPTIONS-

2DAYS- 1besan onion roti+any green vegetable

2DAYS- masala oats/1hummus toast+1boiled egg

3DAYS- 1bowl museli/apple date smoothie [1apple diced, 2walnuts, 5almonds soaked,1cup milk,2dates,1tsp chia seed blend and enjoy]

(You can take milk tea or coffee in breakfast)

MID- MORNING- any seasonal fruit

LUNCH-

3DAYS- brown rice+lobia curry+salad /massor dal rice+salad

2DAYS- 1bajra roti+carrot peas sabji+salad/1methi roti+beetroot raita

1Days- 1subway/egg roll

1Day- meal of your choice

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

DINNER-

2DAYS- 3egg whites omellete/chickpea tikki+green chutney

3DAYS- green moong soup/palak khichdi

2 DAYS- dry fruit kheer/poha cutlet

BEDTIME- 1cup ginger tea [optional]

Snacking and munching options when you feel hungry- (If are choosing any of these mention

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: (If are choosing any of these mentioned things, apart from the diet suggested let me know)

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] 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.

