

WEIGHT LOSS DIET

MORNING DRINK- 1cup herbal tea

BREAKFAST OPTIONS-

2DAYS- dry fruit shake

2DAYS- chickpea sandwich [2slice wheat bread]

3DAYS- 2ragi chilla+amla chutney/rava upma with veggies

MID- MORNING- chia seed coconut water [add 1tsp chia seed in it]

LUNCH-

3DAYS- 2multi grain roti+any sabji or dal+salad

2DAYS- brown rice pulao+vegetable raita+salad/chana dal+rice+salad

1Day- boiled potato chaat+1katori bhatua raita

1Day- meal of your choice

EVENING SNACK- milk tea/matcha tea+1apple with peanut butter or any seasonal fruit

DINNER-

3DAYS- 1small bowl peanut salad /2oats idli+sambhar

2DAYS- chickpea tikki+green chutney/1spianch wrap

2 DAYS- mushroom soup/lemon coriander soup+2egg whites

BEDTIME- 1cup fennel 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 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.

