

WEIGHT LOSS DIET

MORNING DRINK- 1cup herbal tea

BREAKFAST OPTIONS-

2DAYS- ragi upma /veg. macroni

2DAYS- chickpea sandwich [2slice wheat bread]

3DAYS- 2 quinoa chilla+amla chutney / dry fruit shake

[you can have tea/coffee with breakfast] [use plant based milk]

MID- MORNING- 1bowl popcorn

LUNCH-

3DAYS- 1oats roti+any dal or sabji+salad

2DAYS- bajra khichdi+salad / 1peanut jaggary prantha+any sabji

1Day- 1spinach wrap

1Day- meal of your choice

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

DINNER-

3DAYS- milk daliya/hara bhara kabab+green chutney

2DAYS- 1bowl gheeya chana dal/lentil salad

2 DAYS- sprouts dosa+sambhar/lemon coriander soup

BEDTIME- 1cup chamomile tea

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.

