

WEIGHT LOSS DIET

MORNING DRINK- 1cup cinnamon lemon tea

BREAKFAST OPTIONS-

2DAYS- onion cucumber sandwich/banana peanut butter smoothie

2DAYS- oats chilla+green chutney/scramble eggs [3egg whites]

3DAYS- 1bajra raddish roti+any sabji/veg. macroni

[you can take milk tea/coffee with breakfast]

MID- MORNING- any seasonal fruit /buttermilk

LUNCH-

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

2DAYS- 2slice whole wheat pizza/veg. pulao+beetroot raita

1Days- 1mushroom roll

1Day- meal of your choice

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

DINNER-

2DAYS- palak dal soup/panner tikka+green chutney

3DAYS- rajma tikki+green chutney/carrot kheer

2 DAYS- masala egg salad [2egg whites+1whole egg]/1bowl
gheeya chana dal

BEDTIME- 1cup chamomile tea [optional]

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.

