

WEIGHT LOSS DIET

MORNING DRINK- 1cup cinnamon ginger tea+2brazil nuts

BREAKFAST OPTIONS-

2DAYS- 1corn and spinach sandwich [2slice wheat bread]

2DAYS- 1glass hot milk+1katori panjiri/veg. macroni

3DAYS- 2oats chilla [add veggies]/dry fruit shake

[use any plant based milk]

MID- MORNING- 1glass amla juice

LUNCH-

3DAYS- 1multi grain atta/besan roti+any sabji or dal+salad+curd

2DAYS- 2kucha+chole+salad/1mushroom roll

1Days- brown rice+palak dal+salad

1Day- meal of your choice

EVENING SNACK- curry patta tea/milk tea + bhel

DINNER-

2DAYS- oats appe+cococnut chutney/vegetable khichdi

3DAYS- Mexican soup/chickpea tikka+green chutney

2 DAYS- poha cutlet+amla chutney/ ragi soup

BEDTIME- 1cup jeera 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] 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.

