

WEIGHT LOSS DIET

MORNING DRINK- 1glass anjeer kishmish water [overnight soak
2anjer+5kishmish in water, drink water and have anjeer and kishmish]

BREAKFAST OPTIONS-

2DAYS- masala oats/ragi upma

2DAYS- 2high protein chilla+amla chutny

3DAYS- dry fruit shake/veg vermicelli

[you can have tea/coffee with breakfast]

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

LUNCH-

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

2DAYS- 1panner beetoot prantha+pickle/palak kadi+rice+SALAD

1Day- veg. pualo+bathua raita+salad

1Day- meal of your choice

EVENING SNACK- herbal tea/milk tea+makhana

DINNER-

3DAYS- bajra khichdi/poha cutlet

2DAYS- carrot kheer/sprouts panner salad

2 DAYS- veg. soup+1bowl roasted chana/besan sheera

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]
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.

