

WEIGHT LOSS DIET

MORNING DRINK- 1cup cinnamon tea+2walnuts soaked

BREAKFAST OPTIONS-

3DAYS- 1bowl mix fruit+30gms seed mix /masala oats

2DAYS- 1besan onion roti+carrot peas sabji

2DAYS- hung curd sandwich [2slice wheat bread]

[You can have coffee/milk tea with breakfast]

MID- MORNING- barley water/1bowl roasted chana

LUNCH-

2DAYS- 1subway/bajra khichdi+salad

1DAYS- masoor dal+rice+salad

3Days- 2multigrain roti+any sabji or dal+salad

1Day- meal of your choice

EVENING SNACK- herbal tea/milk tea with any seasonal fruit

DINNER-

3DAYS- lentil soup+sweet potato chaat/chickpea tikka+green chutney

2DAYS- sautéed tofu salad/1glass turmeric milk+1katori panjiri

2 DAYS- carrot kheer/1plain dosa+sambhar

BEDTIME- 1cup jeera tea

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhana
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 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.