

WEIGHT LOSS DIET

MORNING DRINK- 1glass dhaniya water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- 2peanut butter toast

2DAYS- 2moong dal chilla+chutney /oats chilla with veggies

3DAYS- veg. poha/veg. vermicelli

[you can take milk tea/coffee with breakfast]

MID- MORNING- 1bowl popcorn

LUNCH-

3DAYS- 2 roti+any dal or sabji+salad+curd

2DAYS- bajra khichdi+salad/1besan onion roti+any sabji+salad

1Days- 1 moong dal prantha+pickle

1Day- meal of your choice

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

DINNER-

2DAYS- Mexican soup/quinoa salad

3DAYS- grilled panner salad/ 1spianch wrap

2 DAYS- dry fruit kheer /1bowl gheeya chana dal

BEDTIME- 1cup ajwain 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.

