

WEIGHT LOSS DIET

MORNING DRINK- turmeric black pepper water +30gms seed mix

BREAKFAST OPTIONS-

2DAYS- corn and spinach sandwich

2DAYS- 1glass coconut date milk /ragi upma

3DAYS- 2high protein chilla+amla chutney/vegetable oats

(You can take milk tea with breakfast)

MID- MORNING- chia seed lemon water

LUNCH-

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

2DAYS- sprouts pulao+buttermilk+salad /panner curry+brown rice+salad

1Days- 1moong dal prantha+green vegetable

1Day- meal of your choice

EVENING SNACK- 1cup shatavri tea/milk tea +any seasonal fruit

DINNER-

2DAYS- dry fruit shake/2oats idli+sambhar

3DAYS- boiled potao chaat/1spianch wrap

2 DAYS- carrot kheer/1bowl gheeya chana dal

BEDTIME- 1cup chamomile 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 laddoo
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. For sugar cravings you can have 1 date/2pcs of dark chocolate/1oats laddoo/1dry fruit laddoo/1fruit.
16. Manage your stress and Do some deep breathing at any time of the day.

