

WEIGHT LOSS DIET

MORNING DRINK- 1cup kesar tea+30gms seed mix

BREAKFAST OPTIONS-

3DAYS- mushroom sandwich/2masoor dal chilla+green chutney

2DAYS- 1besan onion roti+any green vegetable

2DAYS- papaya oats smoothie/makhana pudding

MID- MORNING- chia seed coconut water

LUNCH-

3DAYS- 1ragi roti+any dal or sabji+salad+curd

2DAYS- soya pulao+salad+buttermilk /steamed quinoa+sambhar

1Days- 2kulcha+chole+salad

1Day- meal of your choice

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

DINNER-

2DAYS- pumpkin soup+1katori roasted chana /broccoli salad

3DAYS- mix fruit yogurt salad/ mushroom soup+30gms frill
panner

2 DAYS- - kachumber salad/ beans and tofu bowl

BEDTIME- 1cup chamomile 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.

