

WEIGHT LOSS DIET

MORNING DRINK- 1glass turmeric lemon water

BREAKFAST OPTIONS-

2DAYS- 2 peanut butter toast/chickpea sandwich

2DAYS- masala oats/veg vermicelli

3DAYS- dry fruit shake /1bread pizza

MID- MORNING- green tea with 30gms seed mix

LUNCH-

3DAYS- 2multigrain roti+anydal or sabji+salad

2DAYS- sprouts pulao+curd+salad/1besan onion roti+carrot peas
sabji+salad

1Day- 1peanut jiggery prantha+any sabji

1Day- meal of your choice

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

DINNER-

3DAYS- hot and sour soup/250gms dhokla

2DAYS- moong dal idli+coconut chutney/pumpkin soup+50gms grill panner

2 DAYS- 1spinach wrap/rajma tikki+green chutney

BEDTIME- 1cup saunf 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.

