

WEIGHT LOSS DIET

MORNING DRINK- 1cup kesar tej patta tea [boil kesar and 1tej patta in 2cups water for 7-10 min and drink it]

BREAKFAST OPTIONS-

3DAYS- oats upma/masala oats

2DAYS- 1methi roti+any sabji

2DAYS- 1sunny side up+1peanut butter toast [1whole egg]

MID- MORNING-any seasonal fruit

LUNCH-

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

2DAYS- chicken biryani+beetroot raita+salad/sweet potato chaat

1Days- 1spianch wrap

1Day- meal of your choice

EVENING SNACK- shatavari tea +30gms seed mix

DINNER-

3DAYS- avocado smoothie/dry fruit khher

2DAYS- chicken tikka+onion salad/ panner cabbage salad

2 DAYS- 250gms dhokla/sprouts dosa+sambhar

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]
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.

Non-veg food are allowed twice a week, avoid red meat [you can go for chicken breast, egg whites and fish.]

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.

