

WEIGHT LOSS DIET

MORNING DRINK- 1cup Arjun chaal tea /ginger lemon tea

BREAKFAST OPTIONS-

3DAYS- 2ragi chilla+amla chutney/masala oats

2DAYS- vegetable Maggie/2sunny side up

2DAYS- veg poha/sprouts chaat

[You can have coffee/milk tea with breakfast]

MID- MORNING- any seasonal fruit+5almonds soaked

LUNCH-

2DAYS- spinach wrap/chicken pulao+vegetable raita

1DAYS- soya pulao+buttermilk+salad

3Days- 1multigrain roti+any sabji or dal+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+khakhra

DINNER-

3DAYS- oats in milk [plant based milk]/ sugar free custard

2DAYS- grilled chicken tikka+green chutney/ tomato beetroot soup+3egg whites

2 DAYS- mushroom salad/chickpea tikki+green chutney

BEDTIME- 1cup jeera 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 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.