

WEIGHT LOSS DIET

MORNING DRINK- 1cup shatavari tea

BREAKFAST OPTIONS-

2DAYS- 1glass turmeric milk+1banana

2DAYS- panner sandwich /papaya oats smoothie

3DAYS- 2ragi chilla [add veggies]/kala chana chaat

[use any plant based milk]

MID- MORNING- 1bowl popcorn

LUNCH-

2DAYS- 1methi roti+any sabji+bhathua raita

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

1Day- mushroom wrap

1Day- meal of your choice

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

DINNER-

3DAYS- poha cutlet+green chutney/1glass dry fruit shake

2DAYS- 2oats idli+sambhar /sautéed tofu salad

2 DAYS- veg. daliya/millet khichdi

BEDTIME- 1cup fennel tea

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.

