

WEIGHT LOSS DIET

MORNING DRINK- 1cup shatavari tea

BREAKFAST OPTIONS-

2DAYS- corn and spinach sandwich

3DAYS- vegetable Macroni/1besan onion roti+any sabji

2DAYS- dry fruit shake/oats in milk

MID- MORNING- 1chia seed coconut water

LUNCH-

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

2DAYS- 1panner beetroot prantha+any sabji /gheeya chana dal+rice+SALAD

2Days- soya pulao+bathua raita+salad /meal of your choice

EVENING SNACK- matcha tea/milk tea+khakhra

DINNER-

3DAYS- whole wheat pasta/vegetable daliya

2DAYS- sprouts mushroom salad/1quinoa chilla+green chutney

2 DAYS- 2oats idli+sambhar/millet khichdi

BEDTIME- 1cup cinnamon 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 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.

