

WEIGHT LOSS DIET

MORNING DRINK- 1cup hebal tea +5almonds soaked/1glass amla juice

BREAKFAST OPTIONS-

2DAYS- 2sunny side up/veg macroni

2DAYS- hung curd sandwich

3DAYS- oats papaya smoothie/veg. poha

[you can take milk tea or coffee with breakfast]

MID- MORNING- mint buttermilk

LUNCH-

2DAYS- egg curry+rice+salad/peanut jiggery prantha+any sabji

3DAYS- 2oats roti+any sabji or dal+salad

1Day- sprouts pulao+salad

1Day- meal of your choice

EVENING SNACK- saunf tea/milk tea+chana

DINNER-

3DAYS- bajra khichdi/chicken tikka+green chutney+onion salad

2DAYS- dal palak soup/sprouts mushroom salad

2 DAYS- moong dal idli+coconut chutney/carrot kheer

BEDTIME- 1cup cinnamon 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.

