

WEIGHT LOSS DIET

MORNING DRINK- 1glass anjeer kishmish water

BREAKFAST OPTIONS-

3DAYS- 2besan chilla with veggies/peanut butter toast
[2slice wheat bread]

2DAYS- masala oats/veg. vermicelli

2DAYS- grilled panner chaat/ mix fruit chia pudding

MID- MORNING- any seasonal fruit+5almonds soaked

LUNCH-

3DAYS- 1jowar roti+any sabji or dal+salad+curd

2DAYS- meal of your choice/1moong dal
prantha+pickle+any green vegetable

2Days- soya pulao+curd+salad/1kulcha+chole+salad

EVENING SNACK- saunf tea/turmeric tea+makhana

DINNER-

3DAYS- 2oats idli+sambhar/Mexican soup

2DAYS- quinoa veggies salad/250gms sprouts dhokla

2 DAYS- chickpea salad/peanut salad

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.

