

WEIGHT LOSS DIET

MORNING DRINK- 1cup shatavari tea+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- papaya oats smoothie/grilled panner chaat

2DAYS- oats in milk/ 1 spinach corn sandwich [2slice bread]

3DAYS- 1apple with peanut butter/1sunny side up+1bread toast

[you can take coffee/milk tea with breakfast]

MID- MORNING- 1glass chia seed lemon water

LUNCH-

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

2DAYS- chicken biryani+curd+salad/1moong dal prantha+pickle

1Day- 2kucha+chole+salad

1Day- meal of your choice

EVENING SNACK- ginger tea/milk tea+khakhra

DINNER-

3DAYS- 1rajma wrap/2oats idli+sambhar

2DAYS- quinoa panner salad /1bowl gheeya chana dal

2 DAYS- palak khichdi/millet upma

BEDTIME- 1cup saunf 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.

