

WEIGHT LOSS DIET

MORNING DRINK- 1cup curry leaves tea

BREAKFAST OPTIONS-

3DAYS- oats in milk/2besan chilla+green chutney

2DAYS- mix fruit chia seed pudding/millet upma

2DAYS- grilled panner chaat/1glass oats banana smoothie

MID- MORNING- any seasonal fruit +5almonds+2walnuts soaked

LUNCH-

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

2DAYS- chana dal+rice+salad/soya curry+1methi roti+buttermilk+salad

1Day- 1peanut jiggery prantha+any sabji

1Day- meal of your choice

EVENING SNACK- milk tea/matcha tea+makhana

DINNER-

2DAYS- millet khichdi/steamed quinoa+sambhar

2DAYS- 1sprouts dosa+coconut chutney/lentil soup

3DAYS- sprouts mushroom salad/broccoli salad

BEDTIME- 1cup ginger 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.

