

WEIGHT LOSS DIET

MORNING DRINK- 1cup shatavari tea+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- chocolate smoothie/1besan toast+green chutney

2DAYS- panner sandwich [2slice wheat bread]

3DAYS- vegetable Maggie /oats in milk

[you can have tea/coffee with breakfast] [use plant based milk]

MID- MORNING- any seasonal fruit

LUNCH-

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

2DAYS- millet khichdi+salad/1methi roti+mushroom matar sabji+salad

1Day- chole+rice+buttermilk+salad

1Day- meal of your choice

EVENING SNACK- cinnamon tea/milk tea+khakhra or 1 protein bar
[once or twice a week]

DINNER-

3DAYS- thai curry/palak khichdi+green chutney

2DAYS- 250gms sprouts dhokla/ragi soup

2 DAYS- whole wheat noddles/broccoli salad

BEDTIME- 1cup chamomile 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.

