

WEIGHT LOSS DIET

MORNING DRINK- 1cup ginger lemon tea+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- dry fruit shake /oats in milk

2DAYS- hummus sandwich [2slice bread]

3DAYS- veg. poha/rava upma [add veggies]

MID- MORNING- 1glass amla beetroot juice

LUNCH-

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

2DAYS- 1besan roti+any sabji+salad+bathua raita /palak kadi+rice+salad

1Day- mushroom wrap

1Day- meal of your choice

EVENING SNACK- milk tea/jeera tea+chana

DINNER-

3DAYS- hara bhara kakab+green chutney/ragi soup

2DAYS- sautéed panner salad/1bowl bhel puri

2 DAYS- bajra khichdi/carrot uttapam+coconut chutney

BEDTIME- 1cup fennel 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.

