

WEIGHT LOSS DIET

MORNING DRINK- 1cup kesar tea+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- corn and spinach sandwich [2slice wheat bread]

2DAYS- 1hummus toast+1boiled egg/mix fruit bowl+30gms seed mix

3DAYS- dry fruit shake/oats upma

[you can take milk tea/coffee with breakfast]

MID- MORNING- chia seed coconut water /ABC juice

LUNCH-

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

2DAYS- bajra khichdi+salad/1besan onion roti+any sabji+bathua raita

1Days- kala chana curry+rice+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+any seasonal fruit

DINNER-

2DAYS- oats in milk/hara bhara kabab+green chutney

3DAYS- 1-2 quinoa chilla+green chutney/lemon corinder soup+3egg whites

2 DAYS- sautéed sweet corn salad/peanut salad

BEDTIME- 1cup chamomile tea [optional]

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] avoid adding excess of spices and oil in food.
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.

