

WEIGHT LOSS DIET

MORNING DRINK- 1glass dhaniya lemon water +2brazil nuts soaked

BREAKFAST OPTIONS-

2DAYS- 1glass chocolate smoothie/panner sandwich

2DAYS- 3egg whites scramble egg/veg vermicelli

3DAYS- mix fruit chia pudding/1bread pizza

[you can take coffee/milk tea with breakfast if required]

MID- MORNING- 1glass coconut water

LUNCH-

3DAYS- 2oats roti+anydal or sabji+salad

2DAYS- 1subway/chicken pulao+curd+salad

1Day- 1besan onion roti+any sabji+beetroot raita

1Day- meal of your choice

EVENING SNACK- curry patta tea/milk tea+any seasonal fruit /1protein bar [once or twice a week]

DINNER-

3DAYS- rajma tikki+green chutney/veg. khichdi /masala idli

2DAYS- 1bowl gheeya chana dal/pumpkin soup+2egg whites

2 DAYS- oats in milk /grill fish+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.

