

WEIGHT LOSS DIET

MORNING DRINK- 1 Glass tej patta kesar water [overnight soaked 1tej patta and pinch of kesar]

BREAKFAST OPTIONS-

2DAYS- 1besan onion roti+any green vegetable

2DAYS- 2masoor dal chilla+green chutney/hummus sandwich

3DAYS- 1glass dry fruit shake/masala oats

MID- MORNING- any seasonal fruit/barley water

LUNCH-

3DAYS- 1ragi roti+any dal+salad

2DAYS- 1palak roti+lobia curryegg curry+salad/1spinach wrap

1Day- soya pulao+salad+bhathua raita

1Day- meal of your choice

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

DINNER-

3DAYS- kachumber salad/chickpea tikki+green chutney/3egg white omellete

2DAYS- sauteed tofu salad/1small bowl roasted peanut chaat

2 DAYS- millet upma/palak khichdi

BEDTIME- 1cup chamomile 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.

