

WEIGHT LOSS DIET

MORNING DRINK- 1cup shatavari tea

BREAKFAST OPTIONS-

3DAYS- 2sooji chilla+green chutney [add veggies]

2DAYS- apple nuts smoothie /1oats pancake

2DAYS- 3egg white scramble eggs

MID- MORNING-any seasonal fruit +30gms seed mix

LUNCH-

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

2DAYS- brown rice pulao+beetroot raita+salad

1Days- chicken pasta

1Day- meal of your choice

EVENING SNACK- orange peel tea/milk tea+khakhra

DINNER-

3DAYS- millet khichdi/avocado wrap

2DAYS- lemon coriander soup+2egg whites/beans and tofu salad

2 DAYS- sweet corn panner salad/2oats idli+sambhar

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]
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.
Non-veg food are allowed twice a week, avoid red meat [you can go for chicken breast, egg whites and fish.]
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.

