

WEIGHT LOSS DIET

MORNING DRINK- 1glass kesar tea+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- grilled mushroom sandwich [2slice wheat bread]

2DAYS- quinoa upma

3DAYS- 3egg white scramble eggs/papaya oats smoothie

You can take milk tea /coffee with breakfast

MID- MORNING- 30gms seed mix

LUNCH-

3DAYS- 1oats roti+any dal or sabji+salad+curd

2DAYS- soya pulao+buttermilk+salad/dal makhanai+brown rice+salad

1Days- 2slice whole wheat pizza

1Day- meal of your choice

EVENING SNACK- turmeric tea/milk tea+chana/protein bar[once or twice a day]

DINNER-

2DAYS- spinach wrap/sautéed vegetable+3egg whites

3DAYS- millet khichdi/1oats pancake

2 DAYS- moong dal idli+geen chutney/makhana milk

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] 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.
16. Sugar cravings you can have 1date, 1oats ladoo, 1dry fruit ladoo, 1spoon peanut butter,

