

WEIGHT LOSS DIET

MORNING DRINK- 1cup tej patta keasr tea

BREAKFAST OPTIONS-

3DAYS- 1betroot besan roti+curd/grilled mushroom sandwich

2DAYS- 1quinoa chilla+chutney

2DAYS- 1glass turmeric milk+1small katori panjiri/peanut chaat

[You can have coffee/milk tea with breakfast]

MID- MORNING- any seasonal fruit+5almonds soaked /1glass carrot kanji

LUNCH-

2DAYS- moong dal rice+salad/palak panner sabji+rice+salad

1DAYS- 1makki roti+saag+salad

3Days- 1multigrain roti+any sabji or dal+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+makhana

DINNER-

3DAYS- kachumbar salad/hot and sour soup+30gms grilled panner

2DAYS- kala chana salad/dry fruit kheer

2 DAYS- millet upma /sautéed vegetable+pumpkin soup

BEDTIME- 1cup jeera 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 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.