

WEIGHT LOSS DIET

MORNING DRINK- 1glass flax seed water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- masala oats /grilled panner chaat

2DAYS- hung curd sandwich

3DAYS- 2ragi chilla+green chutney/rava upma [add veggies]

[you can take milk tea or coffee with breakfast]

MID- MORNING- carrot kanji/any seasonal fruit

LUNCH-

2DAYS- 1methi roti+any dal+salad+buttermilk

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

1Day- egg roll

1Day- meal of your choice

EVENING SNACK- saunf tea/milk tea+popcorn

DINNER-

3DAYS- quinoa salad/boiled moong dal salad

2DAYS- masala egg salad/hara bhara kakab+green chutney

2 DAYS- sautéed vegetable+100gms grill chicken /1spianch wrap

BEDTIME- 1cup cinnamon 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.

