

WEIGHT LOSS DIET

MORNING DRINK- 1glass ajwain jeera water

BREAKFAST OPTIONS-

2DAYS- millet upma /1sooji chilla+amla chutney

2DAYS- 1bread toast+2egg white scramble eggs

3DAYS- veg. vermicelli/1bread pizza

[use any plant based milk]

MID- MORNING- 1glass carrot kanji/coconut water+30gms seed mix

LUNCH-

2DAYS- rice+mushroom matar sabji+salad/quinoa pulao+curd+salad

3DAYS- 2multigrain roti+any dal+salad+curd

1Day- sprouts pulao+salad+beetroot raita

1Day- meal of your choice

EVENING SNACK- green tea/herbal tea+any seasonal fruit

DINNER-

3DAYS- carrot kheer/1spianch wrap

2DAYS- hot and sour soup+2egg whites/1uttapam+sambhar

2 DAYS- vegetable khichdi/sautéed panner salad

BEDTIME- 1cup saunf 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.

