

WEIGHT LOSS DIET

MORNING DRINK- 1cup herbal tea+30gms seed mix

BREAKFAST OPTIONS-

3DAYS- 1cup quinoa chilla+green chutney/chickpea sandwich

2DAYS- 1glass dry fruit shake/1sunny side up+1bread toast

2DAYS- masala oats/veg. vermicelli

[You can have coffee/milk tea with breakfast]

MID- MORNING- 1glass ABC juice/any seasonal fruit

LUNCH-

2DAYS- moong dal rice+salad /chole+jeera rice+salad+buttermilk

1DAYS- 1mushroom roll

3Days- 1bajra/oats roti+any sabji or dal+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea with khakhra

DINNER-

3DAYS- sautéed tofu salad /oats in milk/masala egg salad

2DAYS- tomato soup+50gms grill panner /chicken wrap

2 DAYS- palak khichdi/ Mexican soup

BEDTIME- 1cup saunf tea

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhana
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.