

WEIGHT LOSS DIET

MORNING DRINK- 1cup herbal tea +5soaked almonds

BREAKFAST OPTIONS-

3DAYS- 1glass apple nutty smoothie/oats pudding

2DAYS- mix veg. poha

2DAYS- mix fruit bowl+30gms seed mix/sooji upma [add
veggies]

MID- MORNING- coconut water/carrot kanji

LUNCH-

3DAYS- 1bowl methi dal/1besan onion roti+any sabji+salad

2DAYS- 1oats roti+any dal or sabji+salad

1Day- 1bowl mix veg sabji+1bowl sprouts

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+roasted chana

DINNER-

2DAYS- 1veg. uttapam+coconut chutney/moong dal salad

2DAYS- sautéed vegetables+50gms grill panner

3DAYS- dal palak soup/makhana milk

BEDTIME- 1cup ginger tea

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.

