

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

2DAYS- panner beetroot sandwich/oats omellete

2DAYS- 1glass dry fruit shake/banana peanut butter toast [2slice wheat bread]

3DAYS- 2moong dal chilla with veggies/veg. poha

[you can take milk tea/coffee with breakfast if required]

MID- MORNING- buttermilk/ABC juice +5almonds soaked

LUNCH-

3DAYS- 2multigrain roti+any dal or sabji+salad

2DAYS- sprouts pulao+salad+curd /lobia curry+rice+salad

1Days- rajma roll/soya wrap

1Day- meal of your choice

EVENING SNACK- 1cup turmeric tea+any seasonal fruit/roasted chana

DINNER-

2DAYS- dal soup+sweet potato chaat/Mushroom soup

3DAYS- palak khichdi/quinoa veggies salad/ oats in milk

2 DAYS- kachumbar salad/grilled panner+sautéed vegetable

BEDTIME- 1cup saunf 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] avoid adding excess of spices and oil in food.
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.

