

WEIGHT LOSS DIET

MORNING DRINK- 1cup shatavari tea+2brazil nuts

BREAKFAST OPTIONS-

2DAYS- oats with curd/1glass turmeric milk+1banana

2DAYS- mix fruit yogurt salad/tomato cucumber sandwich

3DAYS- 1sooji chilla+green chutney/millet upma

(you can take tea/coffee with breakfast]

MID- MORNING- any seasonal fruit/barley water

LUNCH-

3DAYS- 1ragi/bran roti+any sabji or dal+salad+curd

2DAYS- 1bajra roti+panner matar sabji+salad /putt+kala chana
curry+salad

1Days- millet khichdi+curd+salad

1Day- meal of your choice

EVENING SNACK- curry patta tea/milk tea+30gms seed mix

DINNER-

2DAYS- palak khichdi/oats appe+sambhar

3DAYS- 1bowl gheeya chana dal/makhana milk

2 DAYS- sautéed veggies+boliled chickpea / 1sprouts
dosa+coconut chutney

BEDTIME- 1cup jeera 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] 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.

