

WEIGHT LOSS DIET

MORNING DRINK- 1glass ajwain jeera water+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- oats papaya smoothie

2DAYS- veg. macroni/hummus sandwich

3DAYS- oats in milk/mix fruit yogurt salad

[you can take milk tea/coffee with breakfast] [use plant based milk]

MID- MORNING- 1bowl chana /1glass carrot kanji

LUNCH-

3DAYS- 2 bran roti+any dal or sabji+salad+curd

2DAYS- veg. pulao+cucumber raita+salad

1Days- rice+dal makhani+salad

1Day- meal of your choice

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

DINNER-

2DAYS- mushroom roll/veg. khichdi

3DAYS- lentil salad/stir fried sweet corn salad

2 DAYS- 2idli+sambhar/boiled moong dal salad

BEDTIME- 1cup chamomile tea [optional]

DOs /DONT'S

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.

