

WEIGHT LOSS DIET

MORNING DRINK- 1glass tulsi leaves water+2walnuts soaked

BREAKFAST OPTIONS-

3DAYS- panner sandwich/sweet potato chaat

2DAYS- veg. poha/quinoa upma **2DAYS-** 2 ragi chilla+amla chutney

MID- MORNING- 1glass chia seed lemon water+any seasonal fruit

LUNCH-

3DAYS- 1methi stuff roti or jowar+any dal or sabji+salad

2DAYS- 1peanut jiggery prantha+any sabji

2Days- brown rice pulao+curd+salad

EVENING SNACK- lemon grass tea or milk tea+makhana

DINNER-

3DAYS- besan sheera/oats appe+chuctney

2DAYS- dal soup/chickpea tikki+green chutney

2 DAYS- 1bowl mix veg sabji+1bowl boiled sprouts /veg.

Daliya

BEDTIME- 1cup cinnamon 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.

