

WEIGHT LOSS DIET

MORNING DRINK- 1cup ajwain jeera water +2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- 1peanut butter toast+1boiled egg

2DAYS- makhana smoothie/veg. macroni /oats omelette

3DAYS- chocolate smoothie/1besan toast+green chutney

MID- MORNING- any seasonal fruit

LUNCH-

3DAYS- 1bran roti+anydal or sabji+salad+buttermilk

2DAYS- 1bathua roti+any dal+salad **1Day-** 1chicken roll

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+makhana

DINNER-

3DAYS- 1 sprouts dosa+coconut chutney/1mexican wrap

2DAYS- palak khichdi/panner cabbage salad

2 DAYS- chicken soup/masala egg salad

BEDTIME- 1cup chamomile 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]

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 are allowed.
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.

