

WEIGHT LOSS DIET

MORNING DRINK- 1glass dhaniya seed water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- grilled veg. sandwich [2slice wheat bread]

2DAYS- masala oats/veg. poha

3DAYS- 3egg white scramble eggs/1besan chilla with green chutney

You can take milk tea /coffee with breakfast

MID- MORNING- barley water/coconut water

LUNCH-

3DAYS- 1oats roti+any dal or sabji+salad+curd

2DAYS- veg. pulao+buttermilk+salad/dal makhanai+rice+salad

1Days- 2idli+sambhar

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+chana

DINNER-

2DAYS- spinach wrap/sautéed vegetable+3egg whites

3DAYS- millet khichdi/panner bhurji+salad

2 DAYS- 1sprouts dosa+coconut chutney/makhana milk

BEDTIME- 1cup cinnamon 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.

16. Sugar cravings you can have 1 date, 1 oats ladoo, 1 dry fruit ladoo, 1 spoon peanut butter,

