

WEIGHT LOSS DIET

MORNING DRINK- 1cup kesar tea+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- 3egg white scramble eggs

2DAYS- onion cucumber sandwich/veg. macroni

3DAYS- 1bread pizza /2oats chilla with veggies

[you can take milk tea/coffee with breakfast if required]

MID- MORNING- buttermilk/Any seasonal juice +5almonds soaked

LUNCH-

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

2DAYS- dal makahani+rice+salad/1-2methi roti+any sabji+salad

1Days- whole wheat pasta

1Day- meal of your choice

EVENING SNACK- 1cup turmeric milk+makhana

DINNER-

2DAYS- panner tikka+salad /soya bhurji+salad

2DAYS- besan sheera/carrot kheer

3DAYS- moong dal idli+coconut chutney/veg. soup+sprouts chaat

BEDTIME- 1cup saunf 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] 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.

