

WEIGHT LOSS DIET

MORNING DRINK- 1cup curry leaves tea+2brazil nuts

BREAKFAST OPTIONS-

2DAYS- 2hummus toast /1sunny side up+sautéed mushroom

2DAYS- 2besan gheeya chilla with green chutney

3DAYS- sweet potato chaat/makhana smoothie/masala idli

(you can take tea/coffee with breakfast]

MID- MORNING- any seasonal fruit

LUNCH-

3DAYS- 1ragi/bran roti+any sabji or dal+salad+curd

2DAYS- rice+any dal or curry+salad /putt+chicken curry+salad

1Days- 1masoor dal wrap

1Day- meal of your choice

EVENING SNACK- curry patta tea/milk tea+chana

DINNER-

2DAYS- sauteed sprouts panner sandwich /oats
appe+sambhar

3DAYS- veg. uttapam+sambhar/masala fish+salad

2 DAYS- 1ragi chilla with veggies+amla chutney/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] 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.

