

WEIGHT LOSS DIET

MORNING DRINK- 1glass flax seed water +2brazil nuts

BREAKFAST OPTIONS-

2DAYS- apple nuts smoothie/veg poha

2DAYS- overnight oats/oats upma

3DAYS- 2moong dal chilla+green chutney/2peanut butter toast

MID- MORNING- any seasonal fruit

LUNCH-

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

2DAYS- lobia curry/dal makhani+rice+salad+buttermilk

1Days- boiled potato chaat+bathua raita

1Day- meal of your choice

EVENING SNACK- curry patta tea/milk tea+1katori makhana

DINNER-

3DAYS- boiled sprouts salad/ bajra khichdi/dal soup+30gms grill panner

2DAYS- Mexican soup/quinoa veggie salad

2 DAYS- carrot kheer/spinach wrap

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.

