

WEIGHT LOSS DIET

MORNING DRINK- 1glass cinnamon lemon water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- mix fruit smoothie

2DAYS- oats in milk with sunflower seeds

3DAYS- sprouts chaat/1ragi roti stuffed with carrot

MID- MORNING- 1glass any fresh vegetable juice/any seasonal fruit

LUNCH-

3DAYS- 1bowl boiled rajma+quinoa /masoor dal +cucumber

2DAYS- 1bran roti+any sabji or dal+salad

1Day- 1bowl nutri with brown rice

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+seed mix /any seasonal fruit

DINNER-

3DAYS- 100gms sauteed panner+broccoli /lemon coriander soup+30gms panner

2DAYS- 1bowl gheeya chana dal/ boiled kala chana veggies salad

2 DAYS- tofu bhurji+salad / sauteed vegetables

BEDTIME- 1cup ginger 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]
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.

