

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

2DAYS- panner sandwich/2oats chilla with green chutney

2DAYS- 2peanut butter toast/Maggie with lots of veggies

3DAYS- 2sunny side up/1glass kesar milk+1apple/rava upma

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

LUNCH-

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

2DAYS- bajra khichdi+curd/ 1egg wrap

1Day- 2slice wheat pizza

1Day- meal of your choice

EVENING SNACK- curry patta tea/milk tea+makhana

DINNER-

3DAYS- 2ragi chilla+green chutney/lemon coriander soup+30gms panner

2DAYS- soya bhurji+salad /sweet corn soup

2 DAYS- stir fried rajma salad/besan sheera

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.

