

WEIGHT LOSS DIET

MORNING DRINK- 1cup Arjun chaal tea/flax seed water+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- veg poha [add veggies] /oats in milk

2DAYS- mix fruit yogurt salad

3DAYS- 1ragi chilla with veggies+amla chutney/2peanut butter toast
[use plant based milk only] [you can have tea/coffee if required]

MID- MORNING- any seasonal fruit/carrot kanji

LUNCH-

2DAYS- 1bowl masoor dal+salad of choice

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

2Day- boiled rajma with half bowl quinoa

1Day- meal of your choice

EVENING SNACK- milk tea/lemon grass tea+2spoon panjiri/popcorn

DINNER-

3DAYS- 1bowl lemon coriander soup/stir fried sprouts salad

2DAYS- methi dal/1protein chilla +green chutney

2 DAYS- tofu bhurji+ broccoli salad

BEDTIME- 1cup chamomile 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.

