WEIGHT LOSS DIET

MORNING DRINK- 1cup ginger cinnamon tea [boil grated ginger pinch of cinnamon in 2cups water for 5-7mins]

BREAKFAST OPTIONS-

3DAYS- 1besan chilla with panner stuffing+amla chutney/oats in milk

2DAYS- mix fruit yogurt salad

2DAYS- upma [add lot of veggies]

 [you can have tea/coffee if required]

MID- MORNING- carrot kanji/any seasonal fruit+5almonds+2walnuts

LUNCH- 1glass AVC water [add 1spoon ACV in lukewarm water]

 2DAYS- soya bhurji+salad

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

 2Days- 100gms sauteed panner+broccoli

 1Day- meal of your choice

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

DINNER-

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

2DAYS- makhana milk /2protein chilla with green chutney

2 DAYS- sauteed vegetable+boiled rajma

BEDTIME- 1cup chamomile tea [optional]

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.