

WEIGHT LOSS DIET

MORNING DRINK- 1glass kesar tej patta water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- veg. vermicelli

3DAYS- 2peanut butter toast/hummus sandwich

2DAYS- veeg macroni/1moong dal chilla+amla chutney

MID- MORNING- any seasonal fruit

LUNCH-

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

2DAYS- rice+lobia curry/palak kadi+salad

2Days- 1broccoli prantha+pickle /meal of your choice

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

panjiri/khakhra

DINNER-

3DAYS- sauteed vegetable+boiled chickpea/tofu bhurji+saald

2DAYS- rajma wrap/oats appe+coconut chutney

2 DAYS- oats gheeya tikki+green chutney

BEDTIME- 1cup cinnamon 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 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.

