

WEIGHT LOSS DIET

MORNING DRINK- 1glass anjeer kishmish water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- corn and spinach sandwich/2peanut butter toast

2DAYS- 2masoor dal chilla+amla chutney /1besan toast+green chutney

3DAYS- 1moong dal prantha+pickle/oats upma

MID- MORNING- any seasonal fruit /barley water

LUNCH-

3DAYS- 1jowar roti+any sabji or dal+salad+curd

2DAYS- rajma rice+salad+buttermilk /veg. pulao+salad+curd

1Day- boiled poatato chaat+beetroot raita

1Day- meal of your choice

EVENING SNACK- milk tea/coffee+roasted chana

DINNER-

3DAYS- makhana milk /vegetable uttapam+sambhar

2DAYS- grilled panner salad /soya bhurji+salad

2 DAYS- mushroom sprouts salad /boiled chickpea salad

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 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.

