

WEIGHT LOSS DIET

MORNING DRINK- 1glass chia seed lemon water+5almonds soaked

BREAKFAST OPTIONS-

3DAYS- ragi upma/1sooji beetroot chilla+chutney

2DAYS- vermicelli with lots of veggies/onion cucumber sandwich

2DAYS- milk daliya/1glass dates coconut milk

MID- MORNING- any seasonal fruit /green tea with 30gms seed mix

LUNCH-

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

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

1Day- 1subway/1burrito bowl

1Day- meal of your choice

EVENING SNACK- orange peel tea/milk tea+makhana

DINNER-

3DAYS- bajra khichdi/avocado bean salad

2DAYS- oats spinach tiiki+green chutney/green moong soup

2 DAYS- moong dal idli+coconut chutney/avocado wrap

BEDTIME- 1cup turmeric tea

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar puffs

Sweet Cravings:

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate

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.

