

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

3DAYS- oats in milk/veg. vermicelli

2DAYS- mushroom sandwich

2DAYS- dry fruit shake/1sooji chilla+amla chutney

MID- MORNING- ABC juice/any seasonal fruit

LUNCH-

2DAYS- 1methi roti+any dal+salad /1broccoili prantha+pickle+salad

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

1Day- rice+nutri+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+popcorn

DINNER-

2DAYS- green moong soup/1ragi chilla with panner stuffing+amla chutney

2DAYS- corn spinach salad/1bowl bhel puri

3DAYS- oats gheeya tikki+green chutney/grilled panner salad

BEDTIME- 1cup ginger 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.

