

WEIGHT LOSS DIET

MORNING DRINK- 1glass kesar tej patta water +5soaked almonds

BREAKFAST OPTIONS-

3DAYS- boiled egg sandwich/2hummus toast

2DAYS- masala idli/oats appe+green chutney

2DAYS- 1sooji chilla+amla chutney

[You can have coffee/milk tea with breakfast]

MID- MORNING- any seasonal fruit /buttermilk

LUNCH-

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

1DAYS- soya pulao+bathua raita+salad /soya curry+rie+salad

2Days- 1broccoli prantha +any sabji+salad

1Day- meal of your choice

EVENING SNACK- cinnamon tea/milk tea with popcorn

DINNER-

3DAYS- egg bhurji+salad/boiled chickpea salad/1masoor dal wrap

2DAYS- oats daliya/ carrot kheer

2 DAYS- lemon coriander soup+2egg whites

BEDTIME- 1cup ajwain tea

Snacking and munching options when you feel hungry-

1. 1 bowl Popcoron
2. 1 bowl Makhana
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.