

WEIGHT LOSS DIET

MORNING DRINK- 1glass chia seed lemon water+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- 2peanut butter toast/1ragi chilla with amla chutney

2DAYS- hung curd sandwich

3DAYS- 1besan roti+any sabji/sweet potato chaat

[you can take milk tea/coffee with breakfast if required] [use plant based milk]

MID- MORNING- coconut water /any seasonal fruit

LUNCH-

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

2DAYS- boiled potato chaat+bhathua raita/1makki roti+urad dal+salad

1Days- bajra khichdi

1Day- meal of your choice

EVENING SNACK- 1cup milk tea/green tea+2spoon panjiri /any seasonal fruit

DINNER-

2DAYS- oats gheeya tikki+green chutney/soya bhurji+salad

2DAYS- 2idli+sambhar /moong dal panner salad

3DAYS- 1oats pancake/green moong soup

BEDTIME- 1cup saunf 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] avoid adding excess of spices and oil in food.
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.

