WEIGHT LOSS DIET

MORNING DRINK- 1cup kesar tea+30gms seed mix

BREAKFAST OPTIONS-

    2DAYS- 2high protein palak chilla/2sunny side up

    2DAYS- boiled egg sandwich /2avocado toast

    3DAYS- veg. poha/masala oats

[you can have tea/coffee with breakfast] [use plant based milk only]

MID- MORNING- any 1 seasonal fruit /1glass amla juice

LUNCH-

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

    2DAYS- egg curry+rice+salad/kala chana curry+rice+salad

    1Days- 2kuclcha+chole+salad

    1Day- meal of your choice

EVENING SNACK- 1cup green tea/milk tea with 1small bowl roasted makhana

DINNER-

    2DAYS- sautéed chicken salad with veggies/2 idli+sambhar

    3DAYS- whole wheat pasta /tofu bhurji+salad /oats gheeya tikka+amla chutney

 2 DAYS- sautéed vegetable+boiled rajma /avocado wrap

BEDTIME- 1cup fennel tea [optional]

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.