

WEIGHT LOSS DIET

MORNING DRINK- 1cup ginger lemon tea+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- Oats in curd/masala oats

2DAYS- 1cup kesar milk+1apple

3DAYS- corn and spinach sandwich/makhana chaat

[use plant based milk only] [you can have tea/coffee if required]

MID- MORNING- any seasonal fruit/coconut water

LUNCH- 1glass AVC water [add 1spoon ACV in lukewarm water]

2DAYS- steamed quinoa+sambhar +salad

2DAYS- 1makki roti+any sabji or dal+salad

2Day- boiled potato chaat+bhatua raita

1Day- meal of your choice

EVENING SNACK- milk tea/cinnamon tea+chana

DINNER-

3DAYS- green moong soup/ mushroom pepper fry

2DAYS- oats gheeya tikki+amla chutney

2 DAYS- moong dal panner salad

BEDTIME- 1cup chamomile 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 are allowed.
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.

