

WEIGHT LOSS DIET

MORNING DRINK- 1cup cinnamon tea

BREAKFAST OPTIONS-

2DAYS- makhana chaat

3DAYS- corn and spinach sandwich /2peanut butter toast

2DAYS- 1sooji chilla+green chutney/veg. macroni

MID- MORNING- any seasonal fruit/ABC juice with 30gms seed mix

LUNCH-

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

2DAYS- rice+arhar dal+salad+buttermilk

2Days- bajra khichdi+curd /meal of your choice

EVENING SNACK- curry pata tea/milk tea+2spoon panjiri/popcorn

DINNER-

2DAYS- carrot kheer /soya bhurji+saald

3DAYS- chatpata sweet potato chaat/1bowl bhel puri

2 DAYS- oats gheeya tikki+amla chutney/mushroom pepper fry

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]
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.

