

WEIGHT LOSS DIET

MORNING DRINK- 1cup shatavari tea+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- dry fruit shake/1glass kesar milk+1banana

2DAYS- boiled egg sandwich [2slice bread]

3DAYS- veg. vermicelli /oats in curd

[you can take coffee/milk tea with breakfast]

MID- MORNING- any seasonal fruit

LUNCH-

3DAYS- 1besan roti+any sabji or dal+salad+curd

2DAYS- 1broccoli prantha+pickle/nutria+brown rice+salad

1Day- bajra khichdi+saald

1Day- meal of your choice

EVENING SNACK- ginger tea/milk tea+khakhra

DINNER-

3DAYS- 1veg uttapam +sambhar /hot and sour soup

2DAYS- moongdal panner salad /oats gheeya tikki+green chutney

2 DAYS- grilled chicken salad /masoor dal wrap

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 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.

