

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

2DAYS- Oats in curd/masala oats

2DAYS- 1cup kesar milk+1apple

3DAYS- panner sandwich/makhana chaat

[you can have tea/coffee if required]

MID- MORNING- any seasonal fruit

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

2DAYS- steamed quinoa+sautéed veggies

2DAYS- chicken pulao+salad+curd/ brown rice+any dal or
curry+salad

2Day- 1roti+any dal or sabji+salad+curd [mix besan in wheat flour to
make roti]

1Day- meal of your choice

EVENING SNACK- milk tea/cinnamon tea+chana

DINNER-

3DAYS- masala egg salad/ mushroom pepper fry

2DAYS- vegetable daliya/grilled fish+salad

2 DAYS- moong dal panner salad / soya chunk 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.

