

WEIGHT LOSS DIET

MORNING DRINK- 1cup lukewarm tulsi leaves water +2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- veg. vermicelli

2DAYS- 2hummus toast /ragi upma

3DAYS- 3egg white scramble eggs/coconut dates milk

MID- MORNING- any seasonal fruit /carrot kanji

LUNCH-

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

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

1Day- chicken pasta

1Day- meal of your choice

EVENING SNACK- milk tea/coffee+bhel

DINNER-

3DAYS- masala idli/oats appe+coconut chutney

2DAYS- moong panner salad /mushroom wrap

2 DAYS- sauteed vegetable+100gms grill chicken/green moon g soup

BEDTIME- 1cup cinnamon 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.

