

WEIGHT LOSS DIET

MORNING DRINK- 1cup curry patta tea +5soaked almonds

BREAKFAST OPTIONS-

3DAYS- oats in milk/veg. vermicelli /veg. poha

2DAYS- 1broccoli prantha+pickle

2DAYS- 1carrot stuff prantha+curd

MID- MORNING- ABC juice/any seasonal fruit

LUNCH-

2DAYS- 1besan roti+any dal+salad+curd

3DAYS- 1bowl gheeya chaan dal+salad /chicken pulao+salad

1Day- rice+rajma curry+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+popcorn

DINNER-

2DAYS- green moong soup/moong dal panner salad

2DAYS- corn spinach salad/1bowl bhel puri

3DAYS- oats gheeya tikki+green chutney/masala egg salad

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.

