

WEIGHT LOSS DIET

MORNING DRINK- 1glass methi seed water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- panner beetroot sandwich

2DAYS- veg. poha/veg. macroni

3DAYS- 1oats pancake/1masoor dal chilla+amla chutney

MID- MORNING- ABC juice /barley water

LUNCH-

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

2DAYS- 1broccoli prantha+pickle+curd /bajra khichdi+salad

1Day- quinoa pulao+salad+raita

1Day- meal of your choice

EVENING SNACK- milk tea/coffee+roasted makhana

DINNER-

3DAYS- milk daliya/moong dal idli+coconut chutney

2DAYS- rajma tikka+green chutney/sweet corn soup+30gms panner

2 DAYS- vegetable daliya/250gms sprouts dhokla+green chutney

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.

