

WEIGHT LOSS DIET

MORNING DRINK- 1cup herbal tea

BREAKFAST OPTIONS-

2DAYS- dry fruit shake /1cup hot chocolate

[soak 3-4 dates in milk blend it add the mix in warm milk then add 2tsp cocoa powder,2-3 pcs of dark chocolate stir to avoid lumps and give a good boil enjoy!]

2DAYS- panner beetroot sandwich [2slice wheat bread]

3DAYS- 2ragi chilla+amla chutney/rava upma with veggies

MID- MORNING- chia seed coconut water [add 1tsp chia seed in it]/ABC juicie

LUNCH-

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

2DAYS- brown rice pulao+vegetable raita+salad/moong dal+rice+salad

1Day- boiled potato chaat+1katori bhatua raita

1Day- meal of your choice

EVENING SNACK- milk tea/saunf tea+any seasonal fruit

DINNER-

3DAYS- whole wheat noodles /1veg uttapam+sambhar

2DAYS- hara bhara kakab+green chutney/1spianch wrap

2 DAYS- besan sheera/ragi soup

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.

