

WEIGHT LOSS DIET

MORNING DRINK- 1cup methi seed water+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- boiled egg sandwich

2DAYS- 2moong dal chilla+amla chutney/veg. vermicelli

3DAYS- veg. macroni/oats in milk

[use any plant based milk]

MID- MORNING- any seasonal fruit /ABC juice

LUNCH- 1spoon ACV in 1glass lukewarm water before 1hr lunch

3DAYS- 1bajra/besan roti+anydal or sabji+salad

2DAYS- sprouts pulao+salad / soya curry+rice+salad

1Day- chicken pasta

1Day- meal of your choice

EVENING SNACK- cinnmaon tea/green tea+chana /1protein bar

[once- twice a week]

DINNER-

3DAYS- 1bowl gheeya chana dal+salad /1oats pancake/egg
bhurji+salad

2DAYS- carrot kheer/sweet potato chaat

2 DAYS- 1plain dosa+sambhar / boiled kala chana chaat

BEDTIME- 1cup ajwain tea

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar puffs

Sweet Cravings:

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate

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.

