

WEIGHT LOSS DIET

MORNING DRINK- 1cup ginger cinnamon tea+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- dry fruit shake/1besan chilla with panner stuffing

2DAYS- 2peanut butter toast [2slice bread]

3DAYS- veg. vermicelli /oats in curd

[you can take coffee/milk tea with breakfast]

MID- MORNING- any seasonal fruit /coconut water

LUNCH-

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

2DAYS- veg. pulao+vegetable raita+salad/soya curry+rice+salad

1Day- 2slice whole wheat pizza

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+roasted chana

DINNER-

3DAYS- 1veg uttapam +sambhar /vegetable soup+sweet potato chaat

2DAYS- makhana milk/carrot kheer

2 DAYS- grilled panner salad /whole wheat noodles [add veggies]

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.

