

WEIGHT LOSS DIET

MORNING DRINK- 1cup methi seed ginger tea+5soaked almonds

BREAKFAST OPTIONS-

2DAYS- corn and spinach sandwich

2DAYS- veg. poha/oats in milk

3DAYS- 1moong dal chilla+amla chutney/1broccoli prantha+curd

MID- MORNING- 1glass ABC juicie /any seasonal fruit

LUNCH-

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

2DAYS- 1makki roti+any sabji or dal+salad

1Days- quinoa pulao+salad+buttermilk

1Day- meal of your choice

EVENING SNACK- cinnamon tea/milk tea+roasted makhana

DINNER-

3DAYS- palak khichdi/quinoa veggies salad

2DAYS- rajma tikki+green chutney/250gms dhokla

2 DAYS- 1bowl green moong soup

BEDTIME- 1cup ajwain tea

NOTE- you can take milk tea or coffee with breakfast if required without sugar

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. For sugar cravings you can have 1date/1oats laddoo/1dry fruit laddoo/2pcs dark chocolate/1fruit/1tsp peanut butter

15. Manage your stress and Do some deep breathing at any time of the day.

