

WEIGHT LOSS DIET

MORNING DRINK- 1glass cinnamon lemon water +5soaked almonds

BREAKFAST OPTIONS-

3DAYS- 2peanut butter toast/oats upma

2DAYS- sweet potato chaat

2DAYS- 1besan toast+green chutney/1sooji chilla [add veggies] +amla chutney
[use any plant based milk]

MID- MORNING- 1glass ashgourd juice /any seasonal fruit

LUNCH-

2DAYS- 1methi roti+any dal+salad/ whole wheat noodles

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

1Day- rice+lobia curry+salad

1Day- meal of your choice

EVENING SNACK- chamomile tea/milk tea+popcorn

DINNER-

2DAYS- dal palak soup/soya kakab+amla chutney

2DAYS- sprouts mushroom salad/ sauteed vegetable+steamed quinoa

3DAYS- carrot kheer /moong dal idli+coconut chutney

BEDTIME- 1cup chamomile 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 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. Manage your stress and Do some deep breathing at any time of the day.

