

WEIGHT LOSS DIET

MORNING DRINK- 1glass saunf water +5almonds soaked

BREAKFAST OPTIONS-

2DAYS- sweet potato chaat/ veg. poha

2DAYS- 1oats chilla+green chutney [add veggies] /oats in curd

3DAYS- vegetable sandwich/veg. upma

Use any plant based milk

MID- MORNING- any seasonal fruit/coconut water

LUNCH-

3DAYS- 1-2 bran roti+any dal or sabji+salad+curd

2DAYS- rice+any dal or curry+salad

1Days- 1makki roti+carrot peas sabji+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea +makhana

DINNER-

2DAYS- moong dal idli+coconut chutney/ grilled panner salad

3DAYS- dal soup/vegetable khichdi

2 DAYS- boiled chickpea salad /broccoli soup

BEDTIME- 1cup ginger 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] avoid adding excess of spices and oil in food.
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.

16. Sugar cravings you can have 1 date, 1 oats ladoo, 1 dry fruit ladoo, 1 spoon peanut butter,

