

WEIGHT LOSS DIET

MORNING DRINK- 1cup jeera lemon tea+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- dry fruit shake/1glass kesar milk+1banana

2DAYS- boiled egg sandwich [2slice bread]

3DAYS- veg. vermicelli /oats in curd

[you can take coffee/milk tea with breakfast]

MID- MORNING- any seasonal fruit /ash gourd juice

LUNCH-

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

2DAYS- 1makki roti+saag+salad /rice+chole+salad+buttermilk

1Day- bajra khichdi+saald

1Day- meal of your choice

EVENING SNACK- ginger tea/milk tea+any seasonal fruit /2spoon panjiri

DINNER-

3DAYS- 1veg uttapam +sambhar /dal palak soup

2DAYS- sprouts mushroom salad /hara bhara kakab+green chutney

2 DAYS- grilled chicken salad /masoor dal wrap

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.

