

WEIGHT LOSS DIET

MORNING DRINK- 1glass chia seed lemon water+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- oats with curd

2DAYS- veg. vermicelli/rava upma [add veggies]

3DAYS- 1oats chilla+green chutney /sweet potato chaat

MID- MORNING- ABC juice /any seasonal fruit

LUNCH-

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

2DAYS- 1rajma wrap/ 1methi roti+any sabji+salad+bathua raita

1Day- nutri+rice+salad+buttermilk

1Day- meal of your choice

EVENING SNACK- milk tea/coffee+roasted makhana/2spoon panjiri

DINNER-

3DAYS- gheeya kheer/vegetable khichdi

2DAYS- whole wheat pasta/dal palak soup

2 DAYS- hara bhara kakab+green chutney/masala chana sandwich

BEDTIME- 1cup cinnamon 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.

