

WEIGHT LOSS DIET

MORNING DRINK- 1glass barley water/ginger lemon water

BREAKFAST OPTIONS-

2DAYS- tofu sandwich/ French toast

2DAYS- oats upma

3DAYS- 1sooji chilla+amla chutney/milk daliya

[use any plant based milk]

MID- MORNING- any seasonal fruit+30gms seed mix /ABC juice

LUNCH-

1DAYS- chicken pasta

3DAYS- 1makki/besan roti+any dal+salad

2Day- rice+any dal or curry+salad

1Day- meal of your choice

EVENING SNACK- cinnamon tea/milk tea+roasted chana

DINNER-

3DAYS- 2idli+sambhar/vegetable khichdi/spinach wrap

2DAYS- beetroot kakab+green chutney/broccoli soup

2 DAYS- gheeya kheer/250gms dhokla

BEDTIME- 1cup saunf 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]
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.

