

WEIGHT LOSS DIET

MORNING DRINK- 1cup herbal tea

BREAKFAST OPTIONS-

2DAYS- millet upma /papaya smoothie

3DAYS- 1besan chilla+green chutney/oats inn curd

2DAYS- veg. poha /1moong dal chilla+amla chutney

MID- MORNING- any seasonal fruit+2spoon seed mix

LUNCH- take apple cider vinegar in warm water 1hr before dinner

3DAYS- 1 roti roti+any dal or sabji+salad [use kala chana atta for roti]/veg. khichdi

2DAYS- boiled potato chaat+sauteed vegetable

2Days- 1 dosa+sambhar/meal of your choice

EVENING SNACK- green tea+any seasonal fruit

DINNER-

3DAYS- oats daliya/ moong dal idli+coconut chutney

2DAYS- tomato soup+makhana / ragi upma

2 DAYS- soya bhurji+salad/broccoli soup

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 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.

