

WEIGHT LOSS DIET

MORNING DRINK- 1cup ginger lemon tea+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- chatpata sweet potato chaat /kala chana chaat

2DAYS- masala oats/coconut dates milk

3DAYS- ragi upma/masala chana sandwich

MID- MORNING- chia seed coconut water/any seasonal fruit

LUNCH-

3DAYS- dal makhni+rice+salad/ mushroom wrap/1besan onion roti+any sabji+salad

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

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+ 1date with peanut butter/1piini/coconut laddo [once or twice a week]

DINNER-

3DAYS- beetroot kabab+green chutney/whole wheat pasta

2DAYS- 1bowl bhel puri /gheeya kheer

2 DAYS- green moong soup /tomato soup+makhana

BEDTIME- 1cup ginger 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.

