

WEIGHT LOSS DIET

MORNING DRINK- 1cup turmeric lemon water+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- dry fruit shake/1broccoli prantha+pickle

2DAYS- 1ragi chilla+green chutney/chickpea sandwich

3DAYS- kala chana chaat/mix fruit yogurt salad

[use any plant based milk]

MID- MORNING- ash gourd juice/coconut water [add 1tsp chia seed]

LUNCH-

3DAYS- 1bran/oats roti+anydal or sabji+salad

2DAYS- veg pulao+beetroot raita+salad/quinoa pulao+salad

1Day- boiled potato chaat+bhatua raita

1Day- meal of your choice

EVENING SNACK- ginger tea/green tea+ popcorn

DINNER-

3DAYS- panner tikka+onion salad+green chutney/milk daliya

2DAYS- 250gms sprouts dhokla+green chutney/ Mexican soup

2 DAYS- bajra khichdi/methi dal

BEDTIME- 1cup chamomile 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.

