

WEIGHT LOSS DIET

MORNING DRINK- 1cup ginger lemon tea+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- mix fruit yogurt salad

2DAYS- 1besan toast+green chutney/veg. poha

3DAYS- 1peanut butter toast+1boiled egg/makhana chaat

[you can have tea/coffee if required]

MID- MORNING- any seasonal fruit/coconut water [add 1tsp chia seed]

LUNCH- 1glass Acv water [add 1spoon ACV in lukewarm water]

2DAYS- steamed quinoa+any dal or cuury+salad

3DAYS- 1oats roti+any sabji or dal+salad

2Day- boiled potato chaat+bhatua raita /chicken pasta

1Day- meal of your choice

EVENING SNACK- milk tea/cinnamon tea+roasted chana

DINNER-

3DAYS- avocado egg salad/ mushroom pepper fry+vegetable soup

2DAYS- oats gheeya tikki+amla chutney /sauteed vegetable+100gms
grill chicken

2 DAYS- moong dal panner salad/gajar halwa [add desi khand]

BEDTIME- 1cup chamomile 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.

