

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

2DAYS- vegetable sandwich/sweet potato chat

2DAYS- veg. poha/oats in milk [use any plant based milk]

3DAYS- veg. vermicelli/ rava upma

MID- MORNING- 1glass ABC juicie /any seasonal fruit

LUNCH-

3DAYS- 2oats roti+any dal or sabji+salad

2DAYS- 1methi roti+any sabji or dal+salad /rice+rajma curry+salad

1Days- veg pulao+salad+bathua raita

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+roasted makhana /any seasonal fruit

DINNER-

3DAYS- vegetable khichdi/ 1-2besan gheeya chilla+green chtney

2DAYS- spinach wrap/250gms dhokla

2 DAYS- 2idli+sambhar /kala chana salad

BEDTIME- 1cup cinnmaon tea

NOTE- you can take milk tea or coffee with breakfast if required without sugar

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. For sugar cravings you can have 1date/1oats laddoo/1dry fruit laddoo/2pcs dark chocolate/1fruit/1tsp peanut butter

15. Manage your stress and Do some deep breathing at any time of the day.

