

WEIGHT LOSS DIET

MORNING DRINK- 1cup turmeric tea

BREAKFAST OPTIONS-

2DAYS- sprouts chaat

2DAYS- dry fruit shake/ oats in curd

3DAYS- 1oats chilla+green chutney/2 peanut butter toast

MID- MORNING- any seasonal fruit+30gms seed mix

LUNCH-

3DAYS- 1roti+any dal or sabji+salad+curd [wheat flour]

2DAYS- rice+any dal or curry+salad+curd

1Days- quinoa pulao+vegetable raita

1Day- meal of your choice

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

DINNER-

3DAYS- sauteed vegetables/vegetable khichdi

2DAYS- hot and sour soup+30gms grill panner /broccoli salad

2 DAYS- boiled chickpea salad /whole wheat noodles

BEDTIME- 1cup green tea

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

[dislikes- soya,lobia,mushroom,cabbage,lettuce]

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.

