

WEIGHT LOSS DIET

MORNING DRINK- 1cup kesar tea+5soaked almonds

BREAKFAST OPTIONS-

2DAYS- vegetable sandwich/sweet potato chat

2DAYS- 2sunny side up/oats in milk

3DAYS- veg. vermicelli/ rava upma

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

LUNCH-

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

2DAYS- rice+any dal or curry+salad /quinoa veggies salad

1Days- sprouts pulao+salad+buttermilk

1Day- meal of your choice

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

DINNER-

3DAYS- bajra khichdi/Mexican soup/1besan toast+green chutney

2DAYS- makhana milk/whole wheat pasta

2 DAYS- egg roll/1uttapam+coconut chutney

BEDTIME- 1cup ajwain 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.

