

WEIGHT LOSS DIET

MORNING DRINK- 1cup herbal tea

BREAKFAST OPTIONS-

3DAYS- 1methi prantha+curd/1-2 masoor dal chilla+amla chutney

2DAYS- french toast/2sunny side up

2DAYS- sweet potato chaat/sprouts chaat

[You can have coffee/milk tea with breakfast]

MID- MORNING- chia seed coconut water /any seasonal fruit

LUNCH-

2DAYS- rice+panner curry+salad/quinoa pulao+salad+curd

2DAYS- whole wheat noodles/1bowl chicken curry+rice+salad

2Days- 1bajra/bran roti+any sabji or dal+salad+curd

1Day- meal of your choice

EVENING SNACK- ginger tea/milk tea with popcorn

DINNER-

3DAYS- spianch wrap/milk daliya

2DAYS- chicken tikka+green chutney/sprouts dosa+coconut chutney

2 DAYS- broccoli soup+2egg whites/veg. soup+30gms grill panner

BEDTIME- 1cup turmeric tea

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhana
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 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. Manage your stress and Do some deep breathing at any time of the day.