

WEIGHT LOSS DIET

MORNING DRINK- 1glass lemon ginger water OR
1glass herbal juice

In a glass add 4tsp amla juice, 4tsp aloe vera juice ,Ginger 4tsp,
ashwaganda leaf juice , Pinch of black pepper and turmeric, 1cup
warm water

BREAKFAST OPTIONS-

2DAYS- 1glass sattv shake/banana smoothie

2DAYS- ragi upma

3DAYS- 2egg whites+sauteed mushroom/1quinoa chilla+green
chutney

MID- MORNING- any seasonal fruit

LUNCH-

2DAYS- 1oats roti+any sabji or dal+salad+curd

2DAYS- millet daliya/2idli+sambhar

2Day- sprouts panner salad /whole wheat pasta

1Day- meal of your choice

EVENING SNACK- green tea+any seasonal fruit

DINNER-

3DAYS- pumpkin soup/boiled lentil salad

2DAYS- makhana chaat/gheeya soup+roasted chana

2 DAYS- tomato soup+2egg whites/kala chana salad

BEDTIME- 1cup cinnamon 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.

