

WEIGHT LOSS DIET

MORNING DRINK- 1glass lukewarm jeera lemon water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- 2avocado toast/veg. macroni

2DAYS- oats omellete

3DAYS- sweet potato chaat/oats in milk

[you can have tea/coffee if required]

MID- MORNING- any seasonal fruit+2spoons seed mix

LUNCH-

2DAYS- bajra khichdi+salad/1besan onion roti+mushroom matar sabji+salad

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

2Day- rice+chicken curry/palak kadi+salad

1Day- meal of your choice

EVENING SNACK- milk tea/turmeric tea+roasted chana

DINNER-

3DAYS- 1uttapam+coconut chutney/1oats pancake/green moong soup

2DAYS- grill panner salad/masala idli

2 DAYS- makhana milk/masala egg salad

BEDTIME- 1cup chamomile 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.

