

WEIGHT LOSS DIET

MORNING DRINK- 1cup methi seed water+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- corn and spinach sandwich

2DAYS- oats upma

3DAYS- 1ragi chilla+green chutney/veg. macroni

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

LUNCH-

3DAYS- 2oats roti+any dal or sabji+salad

2DAYS- rice+any dal or curry+salad

1Days- mushroom wrap

1Day- meal of your choice

EVENING SNACK- shatavari tea/milk tea+popcorn/2spoon panjiri

DINNER-

3DAYS- 1sprouts dosa+sambahr/quinoa veggies salad

2DAYS- lentil soup/tofu bhurji+salad

2 DAYS- carrot halwa /whole wheat noodles

BEDTIME- 1cup cinnmaon 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 1 date/1 oats laddoo/1 dry fruit laddoo/2 pcs dark chocolate/1 fruit/1 tsp peanut butter
15. Manage your stress and Do some deep breathing at any time of the day.

