

WEIGHT LOSS DIET

MORNING DRINK- 1cup turmeric tea+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- 1moong dal chilla+green chutney

2DAYS- 1bread pizza/masala oats

3DAYS- oats in milk/hung curd sandwich [2slice wheat bread]

MID- MORNING- any seasonal fruit

LUNCH- have apple cider vinegar 1hr before lunch [add 1spoon ACV in warm water]

3DAYS- 1bran roti+any sabji or dal+salad

2DAYS- bajra khichdi+salad/rice+masoor dal+salad

1Day- whole wheat pasta

1Day- meal of your choice

EVENING SNACK- milk tea/turmeric tea+roasted chana

DINNER-

3DAYS- soya chunk salad/dal soup+makhana

2DAYS- oats appe+green chutney /carrot kheer

2 DAYS- rajma veggies salad/spinach wrap

BEDTIME- 1cup fennel 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.

