

WEIGHT LOSS DIET

MORNING DRINK- 1cup shatavari tea+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- banana peanut butter smoothie

2DAYS- 1besan beetroot chilla+green chutney

3DAYS- roasted chana chaat/mix fruit chaat+30gms seed mix

[use plant based milk only] [you can have tea/coffee if required]

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

LUNCH-

2DAYS- 2protein chilla+green chutney

2DAYS- 1roti+any sabji or dal+salad [kala chana atta/soya atta for roti]

2Day- 100gms sauted tofu+broccoli salad

1Day- meal of your choice

EVENING SNACK- cinnamon tea+ roasted chana

DINNER-

3DAYS- 250gms sprouts dhokla /1bowl gheeya chana Dal

2DAYS- sauteed vegetable/quinoa veggies salad

2 DAYS- Mexican soup/ ragi soup

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.

