

WEIGHT LOSS DIET

MORNING DRINK- 1cup turmeric tea+5soaked almonds

BREAKFAST OPTIONS-

3DAYS- apple nutty smoothie /mix fruit chaat+30gms seed mix

2DAYS- vegetable sandwich

2DAYS- 1besan beetroot chilla+amla chutney

[you can have tea/coffee if required]

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

LUNCH-

2DAYS- 100gms mushroom panner salad

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

2Days- soya bhurji+salad

1Day- meal of your choice

EVENING SNACK- lemon grass tea/milk tea+bhel

DINNER-

3DAYS- sprouts dhokla [250gms]/Mexican soup

2DAYS- sauteed vegetable+steamed quinoa

2 DAYS- panner tikka+green chutney

BEDTIME- 1cup chamomile tea [optional]

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] avoid adding excess of spices and oil in food.
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. Manage your stress and Do some deep breathing at any time of the day.

