

WEIGHT LOSS DIET

MORNING DRINK- 1cup jeera lemon water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- hung curd sandwich

3DAYS- 1besan beetroot chilla+green chutney/oats in curd

2DAYS- apple nutty smoothie

MID- MORNING- chia seed lemon water /1bowl popcorn

LUNCH-

3DAYS- 1oats roti+any dal or sabji+salad+curd

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

2Days- veg. pualo+beetroot raita+salad/meal of your choice

EVENING SNACK- saunf tea+30gms seed mix

DINNER-

3DAYS- 1 sprouts dosa+sambhar/vegetable khichdi

2DAYS- green moong soup/rajma veggies salad

2 DAYS- beetroot kakab+green chutney+salad/grilled panner salad

BEDTIME- 1cup cinnamon 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 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.

