

WEIGHT LOSS DIET

MORNING DRINK- 1glass turmeric lemon water+5almonds soaked

BREAKFAST OPTIONS-

3DAYS- 1oats chilla+amla chutney/ragi upma with lots of veggies

2DAYS- 1besan beetroot chilla+greenchutney/1glass dry fruit shake

2DAYS- oats with curd/2peanut butter toast

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

LUNCH-

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

2DAYS- sprouts pulao+veg. raita+salad/soyabean wrap

2Days- bajra khichdi+salad/meal of your choice

EVENING SNACK- green tea/milk tea+any seasonal fruit

DINNER-

2DAYS- mix veg sabji+sprouts/panner bhurji+salad

2DAYS- ragi soup/dal palak soup

3DAYS- 2-3 rajma tikka+green chutney/makhana milk

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.

