

WEIGHT LOSS DIET

MORNING DRINK- 1glass flax seed water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- panner sandwich/1besan palak chilla with green chutney

2DAYS- oats omellete/Masala oats with lots of veggies

3DAYS- 1glass avocado smoothie/veg. poha

MID- MORNING- any seasonal fruit

LUNCH-

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

2DAYS- moong dal rice+salad/1chicken wrap

1Day- 2slice wheat pizza

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+roasted makhana

DINNER-

3DAYS- sautéed tofu salad/lemon coriander soup+2egg whites

2DAYS- soya bhurji+salad/broccoli salad+30gms grill panner

2 DAYS- veg. daliya/kachumber salad

BEDTIME- 1cup ginger 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.

