

WEIGHT LOSS DIET

MORNING DRINK- 2glass warm water+2dates+5almonds+5cashwes

BREAKFAST OPTIONS-

2DAYS- veg. vermicelli+1glass kesar milk /1glass banana peanut butter smoothie+1veg. sandwich

2DAYS- 2besan chilla with panner stuffing +green chutney

3DAYS- sabudana khichdi+1glass kesar milk/1-2aloo prantha+curd

[you can have tea/coffee with breakfast if needed]

MID- MORNING- coconut water+any seasonal fruit

LUNCH-

2DAYS- soya curry+rice+1roti+salad+curd/1peanut jiggery prantha+any sabji+salad

3DAYS- 2roti+any dal or sabji+salad+curd

1Days- 2-3 slice pizza

1Day- meal of your choice

EVENING SNACK- milk tea/coffee+1bowl popcorn/1peanut butter toast /sweet potato chaat

DINNER-

2DAYS- 2panner beetroot prantha+pickle/1bowl oats khichdi+salad

2DAYS- veg. pulao+beetroot raita+salad /1-2besan roti+any sabji+salad

3DAYS- chole+rice+salad+vegetable raita/2uttapam+sambhar+coconut chutney

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar puffs Sweet

Cravings:

1. 1 date

2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate

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.
16. Sugar cravings you can have 1 date, 1 oats laddoo, 1 dry fruit laddoo, 1 spoon peanut butter,

