

WEIGHT LOSS DIET

MORNING DRINK- 1cup ginger lemon water+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- veg, vermicelli

2DAYS- 1oats chilla+green chutney/chia seed pudding

3DAYS- 2peanut butter toast/oats in curd

[you can have tea/coffee if required]

MID- MORNING- halim seed water/any seasonal fruit

LUNCH-

2DAYS- sprouts pulao+curd+salad/rice+dal makhani+salad

2DAYS- 1roti+any sabji or dal+salad+curd [you can use any of these flour for roti oats/bran/makki]

2Day- 2slice whole wheat pizza/1-2 besan beetroot chilla+curd

1Day- meal of your choice

EVENING SNACK- milk tea/curry leaves tea+2walnuts+5almonds

DINNER-

2DAYS- mushroom pepper fry/2-3 beetroot kakab+green chutney

3DAYS- panner bhurji+salad/ palak khichdi

2 DAYS- ragi soup+roasted makhana /1uttapam+coconut chutney

BEDTIME- 1cup chamomile 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.

