

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

2DAYS- mushroom sandwich/2peanut butter toast

2DAYS- veg. vermicelli/chia seed pudding

3DAYS- veg. Poha/ 1glass apple nutty smoothie

Use any plant based milk

MID- MORNING- any seasonal fruit/1glass ABC juice

LUNCH-

3DAYS- 1palak stuff roti/jowar roti+any sabji or dal+salad+curd

2DAYS- palak kadi+rice+salad / bajra khichdi+curd

1Days- sprouts pulao+curd+salad

1Day- meal of your choice

EVENING SNACK- turmeric tea/milk tea+bhel or makhana

DINNER-

2DAYS- sweet corn soup+30gms panner/oats in milk

3DAYS- 1sprouts dosa+sambhar+coconut chutney/Mexicans soup

2 DAYS- quinoa veggies salad/whole wheat pasta

BEDTIME- 1cup fennel tea

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.

