

WEIGHT LOSS DIET

MORNING DRINK- 1cup herbal tea+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- apple nutty smoothie

2DAYS- 1oats beetroot chilla+green chutney/3egg white scramble eggs

3DAYS- roasted chana chaat/mix fruit chaat+30gms seed mix

[use plant based milk only] [you can have tea/coffee if required]

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

LUNCH-

2DAYS- 2protein chilla+green chutney/egg wrap

2DAYS- 1bran roti+any sabji or dal+salad+curd

2Day- rice+any dal or curry+salad+buttermilk

1Day- meal of your choice

EVENING SNACK- green tea/coffee+popcorn

DINNER-

3DAYS- oats daliya/chicken tikka+green chutney

2DAYS- broccoli salad+100gms grilled tofu/1sprouts dosa+sambhar

2 DAYS- Macroni soup

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.

