

WEIGHT LOSS DIET

MORNING DRINK- 1cup kesar tej patta water+30gms seed mix

BREAKFAST OPTIONS-

3DAYS- ragi upma/chia seed pudding

2DAYS- veg. poha+1boiled egg

2DAYS- 2hummus toast/oats with curd

[You can have coffee/milk tea with breakfast]

MID- MORNING- any seasonal fruit /ash gourd juice

LUNCH-

2DAYS- rice+any dal or curry+salad

1DAYS- 1broccoli prantha+any sabji+curd

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

1Day- meal of your choice

EVENING SNACK- green tea/milk tea with popcorn

DINNER-

3DAYS- tofu bhurji+salad /1-2quinoa chilla+amla chutney

2DAYS- monng dal idli+coconut chutney

2 DAYS- chicken soup/macroni soup

BEDTIME- 1cup turmeric tea

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhana
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]
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.