

WEIGHT LOSS DIET

MORNING DRINK- 1cup cinnamon ginger tea+2brazil nuts

BREAKFAST OPTIONS-

3DAYS- 1moong dal chilla+amla chutney /oats with curd

2DAYS- panner sandwich

2DAYS- veg. upma [add lots of veggies]

MID- MORNING- 1glass coconut water

LUNCH-

2DAYS- 1methi roti+any dal+salad/veg. pulao+bathua raita+salad

3DAYS- 1 roti+any dal or sabji+salad

1Day- spinach wrap/oats khichdi+curd+salad

1Day- meal of your choice

EVENING SNACK- curry leaves tea/milk tea+any seasonal fruit

DINNER-

2DAYS- chickpea veggies salad/dal soup+ 1katori roasted makhana

2DAYS- vegetable daliya/ sautéed vegetable+50gms grill panner

3DAYS- 1-2 besan chilla+amla chutney/1plain dosa+sambhar

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 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.

