

WEIGHT LOSS DIET

MORNING DRINK- 1cup cinnamon ginger tea+30gms seed mix

BREAKFAST OPTIONS-

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

2DAYS- corn and spinach sandwich

2DAYS- veg. upma [add lots of veggies]/apple nutty smoothie [use any plant based milk]

MID- MORNING- 1glass coconut water+2walnuts

LUNCH-

2DAYS- brown rice/steamed quinoa+any dal or curry+Salad

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

1Day- oats khichdi+curd+salad

1Day- meal of your choice

EVENING SNACK- curry leaves tea/1cup turmeric milk+any seasonal fruit

DINNER-

2DAYS- chickpea veggies salad/Mexican soup

2DAYS- sautéed vegetable+50gms grill tofu

3DAYS- 1-2 besan chilla+amla chutney/moong dal idli+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 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.

