

WEIGHT LOSS DIET

MORNING DRINK- 1cup tej patta kesar water+2walnuts soaked

BREAKFAST OPTIONS-

3DAYS- veg. poha/ragi malt

2DAYS- 1masoor dal chilla+green chutney [add veggies]

2DAYS- chocolate smoothie /oats in water+mix seed

[use any plant based milk]

MID- MORNING- chia seed coconut water

LUNCH-

2DAYS- steamed quinoa+any dal or curry+salad

3DAYS- 1bran/oats roti+any dal or sabji+salad

1Day- millet khichdi

1Day- meal of your choice

EVENING SNACK- milk tea /cinnamon tea+any seasonal fruit

DINNER-

2DAYS- stir fried sprouts veggies salad/broccoli soup+ 1katori
roasted makhana

2DAYS- vegetable daliya/stir fried tofu salad

3DAYS- soya chunk salad/1sprouts dosa+coconut chuteny

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.

