

WEIGHT LOSS DIET

MORNING DRINK- 1cup ajwain water+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- 1moong dal palak chilla+amla chutney

2DAYS- chocolate smoothie/ragi malt [plant based milk]

3DAYS- kala chana chaat/oats upma

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

LUNCH-

3DAYS- 2oats/barley roti+any dal or sabji+salad

2DAYS- rice+any dal or curry+salad

1Days- 2slice whole wheat pizza

1Day- meal of your choice

EVENING SNACK- shatavari tea/milk tea+1apple with peanut butter/roasted chana

DINNER-

3DAYS- boiled chickpea salad/soya chunk salad /veg. khichdi

2DAYS- ragi upma /oats gheeya tikka+green chutney

2 DAYS- macroni soup/Mexican soup

BEDTIME- 1cup cinnamon tea

NOTE- you can take milk tea or coffee with breakfast if required without sugar

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. For sugar cravings you can have 1 date/1 oats laddoo/1 dry fruit laddoo/2 pcs dark chocolate/1 fruit/1 tsp peanut butter
15. Manage your stress and Do some deep breathing at any time of the day.

