

WEIGHT LOSS DIET

MORNING DRINK- 1cup kesar tea+5soaked almonds

BREAKFAST OPTIONS-

2DAYS- mushroom sandwich

2DAYS- chocolate smoothie/veg.poha

3DAYS- 1cup ragi malt /1quinoa chilla+green chutney

MID- MORNING- coconut water

LUNCH-

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

2DAYS- soya pulao+salad+curd/ 1moong dal prantha+pickle+curd

1Day- dal makhani+rice+salad+buttermilk

1Day- meal of your choice

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

DINNER-

3DAYS- rajma veggies salad /makhana milk

2DAYS- macroni soup/broccoli soup+30gms panner

2 DAYS- quinoa upma [add veggies]

BEDTIME- 1cup cinnamon 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 are allowed.
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.

