

WEIGHT LOSS DIET

MORNING DRINK- 1glass chia seed lemon water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- 1peanut butter toast+1boiled egg

3DAYS- 1moong dal chilla+green chutney/oats in milk

2DAYS- veg. vermicelli/veg. upma

MID- MORNING- any seasonal fruit/coconut water

LUNCH-

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

2DAYS- 1besan onion roti+matar mushroom sabji+salad /rice+soya curry+salad+buttermilk

2Days- veg. pualo+beetroot raita+salad/meal of your choice [you can have 4-5 pcs wheat momos]

EVENING SNACK- 1cup green tea+30gms seed mix/1glass cold coffee

DINNER-

3DAYS- 1plain dosa+sambhar+coconut chutney/5pcs sushi/grilled chicken salad

2DAYS- green moong soup/Mexican soup

2 DAYS- whole wheat pasta /avocado egg salad

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 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.

