

WEIGHT LOSS DIET

MORNING DRINK- 1glass flax seed water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- hung curd sandwich/French toast

2DAYS- chocolate smoothie/kala chana chaat

3DAYS- oats appe+coconut chutney/chia seed pudding

MID- MORNING- any seasonal fruit/coconut water

LUNCH-

2DAYS- 1roti+any dal or sabji+salad+curd [you can use any flour to make roti]

2DAYS- rice+any curry or dal+salad+buttermilk

2Days- 1methi roti+masoor dal+salad+curd

1Day- meal of your choice

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

DINNER-

3DAYS- masala egg salad/spinach wrap

2DAYS- Mexican soup/soya chick salad

2 DAYS- 1-2 quinoa chilla+green chutney /panner tikka with salad and green chutney

BEDTIME- 1cup chamomile tea

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhana
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana

9. 1 bowl sukha Bhel 10. 1 bowl jowar puffs

Sweet Cravings:

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate

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] avoid adding excess of spices and oil in food.
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.
16. Sugar cravings you can have 1 date, 1 oats laddoo, 1 dry fruit laddoo, 1 spoon peanut butter,

