

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

2DAYS- 2peanut butter toast/ kala chana chaat

2DAYS- 1masoor dal chilla+green chutney /ragi malt

3DAYS- chia seed pudding /oats in water+seed mix

[use plant based milk only]

MID- MORNING- any seasonal fruit/ coconut water

LUNCH-

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

2DAYS- rice+any dal or curry+salad/bajra khichdi+salad

1Days- egg curry+rice+salad

1Day- meal of your choice

EVENING SNACK- saunf tea/milk tea+roasted chana

DINNER-

3DAYS- methi dal/Mexican soup/1oats pancake

2DAYS- 1uttapam+sambhar/quinoa veggies salad

2 DAYS- sautéed chicken salad

BEDTIME- 1cup chamomile tea

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhanas
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 1date, 1oats ladoo, 1dry fruit ladoo, 1spoon peanut butter,

