

WEIGHT LOSS DIET

MORNING DRINK- 1cup ajwain tea+5almonds soaked

BREAKFAST OPTIONS-

3DAYS- 1besan toast+amla chutney/masala oats

2DAYS- veg. vermicelli

2DAYS- chia seed pudding [use any plant based milk]

MID- MORNING- 1glass coconut water+2walnuts

LUNCH-

2DAYS- rice+any dal or curry+salad

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

1Day- rajma wrap

1Day- meal of your choice

EVENING SNACK- curry leaves tea/1cup elaichi milk+any seasonal fruit

DINNER-

2DAYS- mushroom pepper fry/tofu bhurji+salad

2DAYS- veg. daliya

3DAYS- 1uttapam+sambhar/makhana milk

BEDTIME- 1cup chamomile 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.

