

WEIGHT LOSS DIET

MORNING DRINK- 1cup turmeric black pepper water+2brazil nuts

BREAKFAST OPTIONS-

2DAYS- ragi upma/oats in curd

2DAYS- nutty apple smoothie/veg. poha

3DAYS- 1masoor dal chilla+green chutney/French toast

Use any plant based milk [you can have tea/coffee with breakfast if needed]

MID- MORNING- any seasonal fruit

LUNCH-

2DAYS- burrito bowl

3DAYS- brown rice+any dal or curry+salad [you can have 1 roti if possible to make]

1Days- quinoa avocado salad

1Day- meal of your choice

EVENING SNACK- curry leaves tea/milk tea+1apple with peanut butter

DINNER-

2DAYS- sautéed chicken salad/tofu salad

2DAYS- methi dal/ milk daliya

3DAYS- hummus sandwich/boiled egg salad

BEDTIME- 1cup ginger 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,

