

WEIGHT LOSS DIET

MORNING DRINK- 1cup ajwain saunf tea+5soaked almonds

BREAKFAST OPTIONS-

2DAYS- masala oats

2DAYS- chia seed pudding /chocolate smoothie

3DAYS- corn and spinach sandwich/veg. upma

MID- MORNING- green tea+2walnuts /any seasonal fruit

LUNCH-

2DAYS- 1bran roti+any sabji or dal+salad+curd

2DAYS- steamed quinoa+any dal orcurry+salad+buttermilk

2Day- avocado wrap/egg wrap

1Day- meal of your choice

EVENING SNACK- milk tea/green tea+any seasonal fruit

DINNER-

3DAYS- vegetable daliya/panner tikka+green chutney

2DAYS- sprouts salad/broccoli salad

2 DAYS- lemon coriander soup+2egg whites /250gms dhokla

BEDTIME- 1cup saunf 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 are allowed.
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.

