

WEIGHT LOSS DIET

MORNING DRINK- 1cup ajwain tea+5soaked almonds

BREAKFAST OPTIONS-

2DAYS- boiled egg sandwich

2DAYS- apple nutty smoothie/oats upma

3DAYS- veg. appe+green chutney/veg. poha

[you can have tea/coffee if required]

MID- MORNING- coconut water/any seasonal fruit

LUNCH-

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

2DAYS- steamed quinoa+any curry or dal+salad+curd

2Day- panner wrap/palak khichdi+curd+salad

1Day- meal of your choice

EVENING SNACK- milk tea/green tea+1protien bar [once ortwice a week] or khakhra

DINNER-

3DAYS- kachumber salad/lemon coriander soup+2egg whites /oats khichdi

2DAYS- beetroot kabab+green chutney+salad /makhana milk

2 DAYS- grilled chicken salad/panner cabbage salad

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 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.

