

WEIGHT LOSS DIET

MORNING DRINK- 1glass jeera water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- veg. poha /vegetable sandwich

3DAYS- 2peanut butter toast/apple nutty smoothie

2DAYS- masala oats/rava upma [add veggies]

MID- MORNING- any seasonal fruit/green tea+handful of nuts

LUNCH-

2DAYS- 1 roti+any dal or sabji+salad+curd /sprouts veggies
salad

3DAYS- rice+any dal+salad+buttermilk /2besan
chilla+curd+salad

2Days- veg. pualo+curd+salad/meal of your choice

EVENING SNACK- green tea/milk tea+roasted chana

DINNER-

3DAYS- panner bhurji/oats in milk

2DAYS- kala chana salad/boiled rajma salad

2 DAYS- 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.

