

WEIGHT LOSS DIET

MORNING DRINK- 2glass warm
water+2figs+3cashwes+5rasins

BREAKFAST OPTIONS-

2DAYS- 1-2aloo prantha+curd/corn and spinach sandwich+1glass
banana smoothie

2DAYS- saboodana khichdi+1glass elaichi milk

3DAYS- veg. vermicelii+1glass apple nutty smoothie/peanut butter
banana sandwich

[you can have tea/coffee with breakfast if needed]

MID- MORNING- any seasonal fruit+handful of nuts/makana chaat

LUNCH-

2DAYS- rice+any dal or curry+salad+buttermilk

3DAYS- 2roti+any dal or sabji+salad+curd [you can add 1tsp jiggery in
curd]

1Days- panner wrap

1Day- meal of your choice

EVENING SNACK- milk tea/coffee+1date with peanut butter/fruit with yogurt/chia seed pudding

DINNER-

2DAYS- chole+2kulcha/soya pulao+curd+salad

2DAYS- dal makhani+2roti+salad/1bowl veg khichdi+salad

3DAYS- 2-3 veg. utttapam+sambhar/hara bhara kakab+green chutney

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 1 date, 1 oats laddoo, 1 dry fruit laddoo, 1 spoon peanut butter,

