

WEIGHT LOSS DIET

MORNING DRINK- 1glass turmeric black pepper water+5soaked almonds

BREAKFAST OPTIONS-

3DAYS- 1veg. uttapam+coconut chutney/oats in milk

2DAYS- egg omellete/veg. poha

2DAYS- panner sandwich

[you can have milk tea/coffee with breakfast]

MID- MORNING- coconut chia seed water /any seasonal fruit

LUNCH-

2DAYS- egg curry/lobia curry+rice+salad+buttermilk

3DAYS- 1-2bran roti+any dal or sabji+salad

1Day- chicken pasta

1Day- meal of your choice

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

DINNER-

2DAYS- grilled chicken salad /macroni soup

2DAYS- mushroom pepper fry/sprouts panner salad

3DAYS- ragi soup/methi dal/veg. khichdi

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.

