

WEIGHT LOSS DIET

MORNING DRINK- 1glass ash gourd juice/ajwain water+5soaked almonds

BREAKFAST OPTIONS-

3DAYS- veg. upma/1bowl muesli

2DAYS- boiled egg sandwich

2DAYS- avocado smoothie/choco chia pudding

[You can have coffee/milk tea with breakfast]

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

LUNCH-

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

2DAYS- chicken wrap

2Days- 1bran/oats roti+any sabji or dal+salad+curd

1Day- meal of your choice

EVENING SNACK- cinnamon tea/milk tea with roasted chana/1apple with peanut butter

DINNER-

2DAYS- mushroom pepper fry/2ragi chilla+green chutney

3DAYS- oats khichdi/tofu bhurji+salad

2 DAYS- chicken soup/kachumber salad

BEDTIME- 1cup saunf tea

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhana
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]
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.