

WEIGHT LOSS DIET

MORNING DRINK- 1cup jerra lemon water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- banana oats smoothie/ragi malt

2DAYS- 1monng dal gheeya chilla+green chutney

3DAYS- panner sandwich/avocado toast

MID- MORNING- buttermilk/any seasonal fruit

LUNCH-

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

2DAYS- veg. pulao+salad/egg curry+rice+salad

2Day- burrito bowl

1Day- meal of your choice

EVENING SNACK- milk tea/green tea+popcorn

DINNER-

3DAYS- tofu bhurji+salad/ragi chilla+green chutney

2DAYS- mushroom pepper fry/macroni soup

2 DAYS- rajma tikki+green chutney/1veg. uttapam+coconut chutney

BEDTIME- 1cup saunf 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.

