

WEIGHT LOSS DIET

MORNING DRINK- 1cup ajwain saunf water+2walnuts soaked

BREAKFAST OPTIONS-

3DAYS- masala oats/panner beetroot sandwich

2DAYS- mix fruit chia seed pudding /French toast

2DAYS- oats omellete /1bread pizza

MID- MORNING- any seasonal fruit/sattu drink

LUNCH-

2DAYS- rice+any dal or curry+salad

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

2Day- chicken wrap/palak khichdi+salad+curd

1Day- meal of your choice

EVENING SNACK- milk tea /cinnamon tea+khakhra /protein bar
[once or twice a week]

DINNER-

2DAYS- chicken quinoa salad/mushroom pepper fry

2DAYS- ragi upma /Mexican soup

3DAYS- makhana chaat/soya kabab+green chutney

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.

