

WEIGHT LOSS DIET

MORNING DRINK- 1glass jeera water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- oats chia pudding

2DAYS- hung curd sandwich/2hummus toast

3DAYS- 1ragi chilla+green chutney/makhana chaat

MID- MORNING- any seasonal fruit /coconut water

LUNCH-

2DAYS- 1roti+any dal or sabji+salad+curd [you can use any flour for roti]

2DAYS- quinoa pulao+curd+salad+buttermilk /panner curry+rice+salad

2Days- 2slice whole wheat pizza/1besan roti+mushroom sabji+salad+curd

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+khakhra

DINNER-

3DAYS- 1masoor dal wrap/veg. daliya

2DAYS- Zidli+sambhar/chickpea veggies salad

2 DAYS- tomato soup+1katori sprouts/sauteed vegetable+30gms grill panner

BEDTIME- 1cup chamomile tea

NOTE- you can take milk tea or coffee with breakfast if required without sugar

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. For sugar cravings you can have 1date/1oats laddoo/1dry fruit laddoo/2pcs dark chocolate/1fruit/1tsp peanut butter
15. Manage your stress and Do some deep breathing at any time of the day.

