

WEIGHT LOSS DIET

MORNING DRINK- 1glass warm water add 1tsp ghee/1cup herbal tea

BREAKFAST OPTIONS-

2DAYS- vegetable sandwich/apple nutty smoothie

3DAYS- oats chia pudding/veg. poha

2DAYS- oats in curd/2peanut butter toast

[use plant based milk]

MID- MORNING- any seasonal fruit/sattu drink

LUNCH-

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

2DAYS- rice+any dal+salad+buttermilk /veg. khichdi

2Days- spinach wrap/meal of your choice

EVENING SNACK- saunf tea+any seasonal fruit/makhana

DINNER-

3DAYS- lemon coriander soup/sauteed vegetables

2DAYS- moong dal idli+coconut chutney /veg. pasta

2 DAYS- pumkin soup/masala oats

BEDTIME- 1glass warm water

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.

