

WEIGHT LOSS DIET

MORNING DRINK- cinnamon tea+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- oats banana smoothie/choco chia seed pudding

2DAYS- panner sandwich /2peanut butter toast

3DAYS- 1oats chilla+green chutney/veg. vermicelli

MID- MORNING- any seasonal fruit

LUNCH-

2DAYS- veg. khichdi+curd+salad/soya wrap

2DAYS- 1bran roti+any dal+salad+buttermilk

2Day- rice+any dal or curry+salad+curd /veg. pulao+beetroot raita+salad

1Day- meal of your choice

EVENING SNACK- cinnamon tea/milk tea+makhana

DINNER-

3DAYS- quinoa veggies salad/boiled rajma salad

2DAYS- veg. macroni soup/methi dal

2 DAYS- moong dal idli+cococnut chutney/250gms sprouts dhokla

BEDTIME- 1cup chamomile tea

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhanas
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 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.

