

WEIGHT LOSS DIET

MORNING DRINK- 1glass ajwain water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- 2peanut butter toast/sattu shake

3DAYS- 1ragi chilla+green chutney/oats in milk

2DAYS- veg. vermicelli/kala chana chaat

MID- MORNING- any seasonal fruit /chia seed coconut water

LUNCH-

3DAYS- 1 roti+any dal or sabji+salad+curd [you can use any flour for roti]

2DAYS- rice+any dal or curry+salad+buttermilk

2Days- sprouts pualo+beetroot raita+salad/meal of your choice

EVENING SNACK- saunf tea/milk tea+30gms seed mix

DINNER-

3DAYS- millet khichdi/broccoli soup+2egg whites

2DAYS- methi dal/chicken seekh kakab+green chutney

2 DAYS- milk daliya /macroni soup

BEDTIME- 1cup cinnamon 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.

