

WEIGHT LOSS DIET

MORNING DRINK- 1cup dhaniya lemon water

BREAKFAST OPTIONS-

3DAYS- mushroom sandwich/2peanut butter toast

2DAYS- oats in curd/sprouts chaat

2DAYS- sattu shake/1moong dal gheeya chilla+green chutney

[use any plant based milk]

MID- MORNING- green tea+30gms seed mix

LUNCH-

2DAYS- rajma wrap/2slice wheat pizza

2DAYS- 1besan roti+any dal or sabji+salad

2Day- soya curry+rice+salad/millet khichdi+salad+curd

1Day- meal of your choice

EVENING SNACK- milk tea /cinnamon tea+any seasonal fruit

DINNER-

2DAYS- methi dal/ 1dosa+sambhar

2DAYS- 250gms dhokla/panner tikka+green chutney

3DAYS- panner cabbage salad/sauteed vegetable+steamed quinoa

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.

