

WEIGHT LOSS DIET

MORNING DRINK- 1glass methi seed water +5almonds soaked

BREAKFAST OPTIONS-

2DAYS- sattu shake/2sunny side up

2DAYS- mushroom sandwich /2peanut butter toast

3DAYS- veg poha/oats upma

MID- MORNING- any seasonal fruit or ABC juice

LUNCH-

3DAYS- 1roti+any dal or sabji+salad+curd [you can use any flour to make roti] or 1besan onion roti+any sabji+salad+buttermilk

2DAYS- rice+any dal or curry+salad

1Days- egg wrap or panner wrap

1Day- meal of your choice

EVENING SNACK- saunf tea/milk tea+khakhra or 1apple with peanut butter

DINNER-

3DAYS- 1plain dosa+sambhar/milk daliya

2DAYS- millet khichdi /broccoli salad+2egg whites

2 DAYS- tofu bhurji+salad/oats gheeya tikki+green chutney

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] avoid adding excess of spices and oil in food.

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.

16. Sugar cravings you can have 1 date, 1 oats ladoo, 1 dry fruit ladoo, 1 spoon peanut butter,

