

WEIGHT LOSS DIET

MORNING DRINK- 1cup herbal tea+2brazil nuts

BREAKFAST OPTIONS-

2DAYS- sattu shake/oats in curd

2DAYS- veg. poha/1masoor dal chilla+green chutney

3DAYS- quinoa upma/masala chana sandwich

MID- MORNING- any seasonal fruit/aloe vera jucie

LUNCH-

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

2DAYS- dal makhani+rice+salad/mushroom rice+beetroot raita+salad

1Days- rajma wrap

1Day- meal of your choice

EVENING SNACK- curry leaves tea/milk tea+makana

DINNER-

3DAYS- lemon coriander soup/sautéed tofu salad

2DAYS- jowar chilla+green chutney /pumpkin soup

2 DAYS- methi dal/kachumber salad

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 1date, 1oats laddoo, 1dry fruit laddoo, 1spoon peanut butter,

