

WEIGHT LOSS DIET

MORNING DRINK- 1cup cinnamon tea+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- 2peanut butter toast

2DAYS- 1moong dal chilla+green chutney/oats appe+coconut chutney

3DAYS- ragi upma/oats in milk [plant based milk]

[you can take milk tea or coffee with breakfast]

MID- MORNING- ABC juice /any seasonal fruit

LUNCH-

2DAYS- 1plain dosa+sambhar/mushroom rice+salad+buttermilk

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

1Day- sprouts pulao+curd+salad

1Day- meal of your choice

EVENING SNACK- shatavari tea/milk tea+popcorn

DINNER-

2DAYS- Mexican soup/methi dal

3DAYS- barley daliya/whole wheat pasta

2 DAYS- broccoli salad/mushroom soup

BEDTIME- 1cup chamomile tea

Dislikes- soya and macroni

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.

