

WEIGHT LOSS DIET

MORNING DRINK- 1glass methi seed water+2walnuts soaked

BREAKFAST OPTIONS-

3DAYS- chia seed pudding/ 1besan chilla+green chutney

2DAYS- oats upma/ragi malt

2DAYS- 2peanut butter toast/French toast

[you can have milk tea/coffee with breakfast]

MID- MORNING- ABC juice /any seasonal fruit

LUNCH-

2DAYS- panner wrap/rice+any dal or cuury+salad+buttermilk

3DAYS- 1-2bran/oats roti+any dal or sabji+salad

1Day- chicken pulao+salad+buttermilk

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+chana

DINNER-

2DAYS- quinoa chicken salad/broccoli soup+2egg whites

2DAYS- masala idli/jowar chilla+green chutney

3DAYS- milk daliya/Mexican soup

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.

