

WEIGHT LOSS DIET

MORNING DRINK- 1cup kesar tea+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- makhana chaat

3DAYS- sattu shake/oats chia pudding

2DAYS- veg.poha/ragi upma

MID- MORNING- any seasonal fruit /buttermilk

LUNCH-

3DAYS- 1roti+any dal or sabji+salad+curd

2DAYS- quinoa pulao+salad/1gobhi prantha+pickle+any
sabji

2Days- mushroom rice+curd+salad/meal of your choice

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

DINNER-

3DAYS- whole wheat pasta/kachumber salad

2DAYS- masala idli/panner cabbage salad

2 DAYS- 1-2 jowar chilla+green chutney

BEDTIME- 1cup cinnamon 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.

