

WEIGHT LOSS DIET

MORNING DRINK- 1cup turmeric tea

BREAKFAST OPTIONS-

2DAYS- avocado egg toast

2DAYS- 1oats chilla+amla chutney [panner stuffing]/1bowl muesli

3DAYS- quinoa upma/ apple nutty smoothie

MID- MORNING- sattu drink/any seasonal fruit

LUNCH-

3DAYS- mushroom fried rice+salad/rajma wrap

3DAYS- burrito bowl/1roti+any dal or sabji+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+ carrot stiks with hummus/
1apple with peanut butter

DINNER-

3DAYS- masala egg salad/macroni soup

2DAYS- sprouts dhokla [250gms]/tofu bhurji+salad

2 DAYS- millet khichdi/makhana milk

BEDTIME- 1cup ginger 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 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.

