

WEIGHT LOSS DIET

MORNING DRINK- 1glass saunf water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- sattu shake

2DAYS- onion cucumber sandwich /2peanut butter toast

3DAYS- veg.poha/ 1besan chilla+greenchutney

MID- MORNING- any seasonal fruit /chia seed coconut water

LUNCH-

2DAYS- mushroom fried rice+salad /rice+any dal or
curry+salad+buttermilk

3DAYS- 1bran roti+any dal or sabji+salad+buttermilk

1Day- 1moong dal prantha+pickle+curd

1Day- meal of your choice

EVENING SNACK- cinnamon tea/milk tea+chana/1 protein bar

DINNER-

3DAYS- makhana milk/mushroom pepper fry

2DAYS- oats daliya/ 1veg uttapam+sambhar

2 DAYS- sautéed vegetable+30gms grill panner /1bowl dal palak soup

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]
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.

