

WEIGHT LOSS DIET

MORNING DRINK- 1glass warm water+1tsp ghee

BREAKFAST OPTIONS-

2DAYS- scramble eggs+1bread toast [2egg whites+1whole egg]

2DAYS- 1jowar chilla+green chutney/fruit custard

3DAYS- veg. vermicelli/ragi upma [add veggies]

MID- MORNING- sattu drink /any seasonal fruit+2spoon seed mix

LUNCH-

2DAYS- steamed quinoa+any dal or curry+salad

2DAYS- 1besan roti+any dal+salad+buttermilk

2Day- 2kulcha+chole+salad/rice+fish curry+salad

1Day- meal of your choice

EVENING SNACK- ajwain tea/milk tea+popcorn

DINNER-

3DAYS- oats khichdi/chicken seekh kakab+green chutney

2DAYS- 1uttapam+sambhar/ broccoli soup+2egg whites

2 DAYS- kachumber salad/makhana chaat

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.

