

WEIGHT LOSS DIET

MORNING DRINK- 1cup herbal tea

BREAKFAST OPTIONS-

2DAYS- ragi malt/veg. vermicelli

2DAYS- makhana smoothie/mushroom sandwich

3DAYS- 1jowar chilla+amla chutney/scramble eggs [1whole egg+2egg whites]

MID- MORNING- 30gms seed mix+green tea/any seasonal fruit

LUNCH-

2DAYS- 1roti+any dal or sabji+salad+curd [you can use any flour to make roti]

2DAYS- masoor dal wrap/1broccoli prantha+salad+curd+any sabji

2Days- chicken curry/lobia curry+rice+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+ protein bar[once or twice a week]/ khakhra

DINNER-

3DAYS- 250gms sprouts dhokla/ mushroom pepper fry

2DAYS- panner bhurji+1ragi chilla/Mexican soup

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

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] avoid adding excess of spices and oil in food.
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.
16. Sugar cravings you can have 1 date, 1 oats laddoo, 1 dry fruit laddoo, 1 spoon peanut butter,

