

WEIGHT LOSS DIET

MORNING DRINK- 1glass chia seed lemon water+5soaked almonds

BREAKFAST OPTIONS-

2DAYS- roasted chaana chaat

3DAYS- panner sandwich/makhana smoothie

2DAYS- veg.vermicelli /ragi malt

MID- MORNING- any seasonal fruit /ash gourd juice

LUNCH-

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

2DAYS- soya pulao+salad/2kulcha+chole+salad

2Days- rajma wrap+salad/meal of your choice

EVENING SNACK- milk tea/green tea+1apple with peanut butter/khakhra

DINNER-

3DAYS- 1plain dosa+sambhar /milk daliya

2DAYS- pumpkin soup/panner tikka+green chutney

2 DAYS- dal palak soup/sprouts mushroom salad

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.

