

WEIGHT LOSS DIET

MORNING DRINK- 1flax seed water+5soaked almonds

BREAKFAST OPTIONS-

3DAYS- 2peanut butter toast/ragi malt

2DAYS- quinoa upma/dry fruit shake

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

Use any plant based milk [you can have tea/coffee with breakfast if needed]

MID- MORNING- any seasonal fruit /sattu drink

LUNCH-

2DAYS- mushroom rice+salad+buttermilk/soya wrap

3DAYS- 1roti+any dal or curry+salad+curd

1Days- millet khichdi+curd+salad

1Day- meal of your choice

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

DINNER-

2DAYS- oats gheeya tikki+green chutney/sweet corn panner
salad

2DAYS- boiled lobia salad/methi dal

3DAYS- sautéed vegetable+30gms grill panner/whole wheat
pasta

BEDTIME- 1cup ginger 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,

