

WEIGHT LOSS DIET

MORNING DRINK- 1cup cinnamon tea+5soaked almonds

BREAKFAST OPTIONS-

2DAYS- masala chana sandwich

2DAYS- veg. poha/oats omellete

3DAYS- 1moong dal gheeya chilla+green chutney/mix fruit yogurt salad

MID- MORNING- chia seed lemon water

LUNCH-

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

2DAYS- rice+any dal or curry+salad+buttermilk

2Days- 2slice whole wheat pizza/mushroom rice+salad+curd

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+1apple with peanut butter
/any seasonal fruit

DINNER-

3DAYS- 1besan chilla+amla chutney/kachumber salad /grilled
chicken salad

2DAYS- oats soup/1veg. uttapam+sambhar

2 DAYS- boiled chicken salad /sauteed vegetable+30gms grill
panner

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,

