

WEIGHT LOSS DIET

MORNING DRINK- 1glass lukewarm ajwain water

BREAKFAST OPTIONS-

2DAYS- dry fruit shake/1jowar chilla+green chutney

3DAYS- rava upma/veg, vermicelli

2DAYS- grilled sandwich/1bread pizza

MID- MORNING- any seasonal fruit /chia seed lemon water

LUNCH-

2DAYS- 1 roti+any dal or sabji+salad+curd

3DAYS- rice+any dal+salad+buttermilk /mushroom
rice+salad+curd

2Days- panner curry+1roti+salad/meal of your choice

EVENING SNACK- any seasonal fruit+milk tea/saunf tea

DINNER-

3DAYS- oats soup/carrot milk

2DAYS- 1veg. uttapam+sambhar/1bowl bhel puri

2 DAYS- moong dal idli+coconut chutney/veg. daliya

BEDTIME- 1cup chamomile 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.

