

WEIGHT LOSS DIET

MORNING DRINK- 1glass wheat grass juice/1cup herbal tea+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- masala chana sandwich

2DAYS- 1jowar chilla+amla chutney

3DAYS- sattu shake/veg. poha

MID- MORNING- pomegranate yogurt [mix 1katori anar in curd add pumpkin seeds] /coconut water

LUNCH-

2DAYS- rice+any dal or cuury+salad

3DAYS- 1roti+any dal or sabji+salad [you an use any flour to make roti]

2Day- meal of your choice /egg roll

EVENING SNACK- green tea/milk tea+khakhra

DINNER-

3DAYS- rajma tikki+green chutney/barley daliya

2DAYS- 1besan toast+green chutney/ sauteed vegetable+boiled chickpea

2 DAYS- 1plain dosa+sambhar/ 2suuny side up+sauteed mushroom

BEDTIME- 1cup ginger 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 are allowed.
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.

