

WEIGHT LOSS DIET

SEHRI-

MORNING DRINK- 1cup orange mousami peel tea [boil the peel of orange and mausami in 1glass of water for 10mins] /1glass chia seed lemon water with 5soaked almonds

Sehri meals OPTIONS- [try to avoid tea/coffee]

2DAYS- moong dal upma+2boiled egg/1-2 panner stuff roti

2DAYS- masala chana sandwich/boiled egg sandwich/overnight oats

3DAYS- egg bhurji/ veg. poha+2boiled eggs/1-2 moong dal prantha

(make sure to have 1bowl curd/1glass buttermilk with breakfast)

[You can have coconut water before starting the fast]

IFTARI – break your fast with 2date

Have 1glass ABC juice/green juice /sattu drink

1bowl fruit custard daily /fruit chaat

Iftar meal options- have early dinner

2DAYS- 1katori brown rice+1bowl chicken curry or any curry as per your prefrance with salad

3DAYS- 1-2 oats roti+any sabji or dal+curd+salad /millet
khichdi+curd+salad /sautéed vegetable+grilled chicken or grilled tofu

2Day- oats khichdi+curd+salad/kakab salad

Bed time – jeera tea/ajwain tea/turmeric milk [boil 1cup milk, half cup water, pinch of turmeric, 2elaichi,2clove, cinnamon stick ,saunf, 2-3 strands kesar, black pepper mix the milk and give a good boil sieve it and have it]

