

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

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

3DAYS- egg avocado toast/veg. upma

2DAYS- ragi malt /1bread pizza

MID- MORNING- fruit yogurt/1apple with peanut butter

LUNCH-

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

2DAYS- mushroom rice+salad+curd /chicken wrap

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

EVENING SNACK- green tea+roasted makhaana

DINNER-

3DAYS- oats soup/ soya kabab+green chutney

2DAYS- kachumber salad/1sprouts dosa+coconut chutney

2 DAYS- moong dal idli+coconut chutney/chicken soup

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.

