

WEIGHT LOSS DIET

MORNING DRINK- 1flax seed water+5soaked almonds

BREAKFAST OPTIONS-

3DAYS- hung curd sandwich/ragi malt

2DAYS- oats upma/dry fruit shake

2DAYS- 1moongdal chilla+green chutney/fruit custard

(you can have tea/coffee with breakfast if needed]

MID- MORNING- any seasonal fruit /sattu drink

LUNCH-

2DAYS- mushroom rice+salad+buttermilk/soya wrap

3DAYS- 1-2 roti+any dal or curry+salad+curd (use any flour for roti)

1Days- sprouts pulao+curd+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+khakhra/protein bar

[once or twice a week]

DINNER-

2DAYS- oats gheeya tikki+green chutney/sweet corn panner salad

2DAYS- boiled lobia salad/methi dal

3DAYS- sautéed vegetable+3egg whites/whole wheat pasta

BEDTIME- 1cup ginger 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,

