

WEIGHT LOSS DIET

MORNING DRINK- 1cup turmeric tea+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- masala chana sandwich

2DAYS- oats in curd/veg. poha

3DAYS- 1 ragi chilla+amla chutney / chococlate smoothie

[use any plant based milk]

[you can take milk tea or coffee with breakfast]

MID- MORNING- sattu drink /any seasonal fruit

LUNCH-

2DAYS- mushroom wrap/brown rice+dal makhani+salad

2DAYS- 1roti+any sabji or dal+salad [you can use any flour for roti]

2Day- veg. pulao+curd+salad /1besan roti+any
sabji+salad+buttermilk

1Day- meal of your choice

EVENING SNACK- shatavari tea/milk tea+makhana

DINNER-

2DAYS- sprouts veggie salad/oats gheeya tikka+green chutney

3DAYS- 1veg. uttapam+sambhar/ milk daliya

2 DAYS- ragi soup /tomato beetroot soup

BEDTIME- 1cup chamomile tea

Dislikes- soya and macroni

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]
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.

