

WEIGHT LOSS DIET

MORNING DRINK- 1cup herbal tea+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- overnight oats

2DAYS- 1sooji uttapam+coconut chutney/rostaed chana chaat

3DAYS- panner sandwich/ragi malt

[use any plant based milk]

[you can take milk tea or coffee with breakfast]

MID- MORNING- coconut chia seed water / any seasonal fruit

LUNCH-

2DAYS- brown rice+any dal or curry+salad

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

1Day- rajma wrap

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+popcorn /any seasonal fruit
/1glass cold coffee

DINNER-

2DAYS- hara bhara kakab/ hummus sandwich

3DAYS- makhana chaat/moong dal idli+green chutney /jowar khichdi

2 DAYS- pumpkin carrot soup /tofu bhurji+salad

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.

