

WEIGHT LOSS DIET

MORNING DRINK- 1cup honey lemon water+2brazil nuts

BREAKFAST OPTIONS-

2DAYS- 1 onion prantha/ quinoa upma

3DAYS- 1oats beetroot chilla+green chutney/veg. vermicelli

2DAYS- apple nutty smoothie /overnight oats

MID- MORNING- any seasonal fruit

LUNCH-

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

2DAYS- 1 besan roti+any sabji+salad+buttermilk

1Day- veg. pulao+cucucmber raita+salad

1Day- meal of your choice

EVENING SNACK- curry leaves tea/milk tea+makhana

DINNER-

2DAYS- gheeya paalak soup soup

2DAYS- sauteed vegetable/ boiled lobia salad

3 DAYS- whole wheat pasta/hara bhara kakab+green chutney

BEDTIME- 1cup saunf 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]
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.

