

WEIGHT LOSS DIET

MORNING DRINK- 1cup herbal tea+5soaked almonds

BREAKFAST OPTIONS-

2DAYS- apple nutty smoothie/ oats appe+coconut chutney

2DAYS- ragi upma [add veggies]

3DAYS- French toast/1quinoa chilla+green chutney

MID- MORNING- 1glass sattv drink/ any seasonal fruit

LUNCH-

2DAYS- 1-2 roti+any sabji or dal+salad+curd [use any flour to make roti]

2DAYS- egg curry+rice+salad+buttermilk /veg. pulao+beetroot raita+salad

2Day- barley daliya/chicken pasta

1Day- meal of your choice

EVENING SNACK- green tea+any seasonal fruit/ 1katori anar with curd [add 1tsp pumpkin seeds]

DINNER-

2DAYS- sprouts panner salad /mushroom pepper fry

3DAYS- soya chunk salad /tofu bhurji+salad

2 DAYS- gheeya palak soup/chicken soup

BEDTIME- 1cup cinnamon 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 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.

