

WEIGHT LOSS DIET

MORNING DRINK- 1glass honey lemon water+5soaked almonds

BREAKFAST OPTIONS-

2DAYS- choco chia pudding/ 2peanut butter toast

2DAYS- quinoa upma [add veggies]

3DAYS- veg. poha+green chutney/1oats chilla [stuffed with panner]

MID- MORNING- coconut water

LUNCH-

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

2DAYS- 1onion prantha+any sabji+salad /veg. pulao+vegetable raita+salad

2Days- rice+any dal or curry+salad

1Day- meal of your choice

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

DINNER-

3DAYS- 1sprouts dosa+coconut chutney/kala chana salad

2DAYS- macroni soup/ tofu bhurji+salad

2 DAYS- steamed quinoa+sauteed vegetable

BEDTIME- 1cup saunf tea

NOTE- you can take milk tea or coffee with breakfast if required without sugar

[dislikes soya,mushroom,cabbage, lettuce,lobia]

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. For sugar cravings you can have 1date/1oats laddoo/1dry fruit laddoo/2pcs dark chocolate/1fruit/1tsp peanut butter

15. Manage your stress and Do some deep breathing at any time of the day.

