

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

2DAYS- quinoa upma [add vegiees]

2DAYS- veg. appe+green chutney

3DAYS- panner sandwich/ overnight oats

MID- MORNING- any seasonal fruit/coconut water

LUNCH-

2DAYS- rice+any dal or cuury+salad+curd

3DAYS- 1 roti+any dal or sabji+salad+buttermilk [use any flour to make roti]

1Day- steamed quinoa+rajma+salad+buttermilk

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+30gms seed mix/ 1glass cold coffee

DINNER-

3DAYS- sweet corn panner salad/ whole wheat noodles

2DAYS- tofu bhurji+salad /sautéed vegetable

2 DAYS- gheeya palak soup /macroni soup

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 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.

