

WEIGHT LOSS DIET

MORNING DRINK- 1glass dhaniya lemon water+2brazil nuts

BREAKFAST OPTIONS-

2DAYS- sattu shake /fruit custard

2DAYS- makhaana chaat

3DAYS- quinoa upma / 1moong dal chilla+green chutney

MID- MORNING- any seasonal fruit

LUNCH-

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

2DAYS- rajma wrap/ meal of your choice

2Days- rice+any dal or curry+buttermilk+salad

EVENING SNACK- saunf tea/milk tea+popcorn

DINNER-

3DAYS- 1plain dosa+sambhar/macroni soup

2DAYS- chickpea salad/ tofu bhurji+salad

2 DAYS- whole wheat noodles/sauteed vegetables

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] avoid adding excess of spices and oil in food.

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.

16. Sugar cravings you can have 1date, 1oats laddoo, 1dry fruit laddoo, 1spoon peanut butter,

