

WEIGHT LOSS DIET

MORNING DRINK- 1glass jeera saunf water+5soaked almonds

BREAKFAST OPTIONS-

3DAYS- veg. upma / oats appe+green chutney

2DAYS- mushroom sandwich / veg. poha

2DAYS- chia seed pudding /masala oats

[use any plant based milk]

MID- MORNING- any seasonal fruit /coconut water

LUNCH-

3DAYS- 1-2 roti+any sabji or dal+salad [use any flour to make roti]

1DAYS- vegetable khichdi+salad

2Day- rice+any dal or curry+salad

1Day- meal of your choice

EVENING SNACK- green tea+any seasonal fruit /1apple with peanut butter

DINNER-

3DAYS- 1moong dal chilla+green chutney /tofu bhurji

2DAYS- sautéed vegetables/ milk daliya

2 DAYS- gheeya palak soup/ soya chunk salad

BEDTIME- 1cup saunf tea

Specifications- sinus, lactose intolerant, cervical, indigestion, acidity, no sour foods

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.

