

WEIGHT LOSS DIET

MORNING DRINK- 1glass green juice/cinnamon lemon water+30gms seed mix

BREAKFAST OPTIONS-

3DAYS- oats upma /veg. poha

2DAYS- 1glass coconut dates milk

2DAYS- hung curd sandwich/ overnight oats

[you can have tea/coffee if required]

MID- MORNING- coconut chia seed water

LUNCH-

1DAYS- barley daliya+salad+curd

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

2Days- palak kadi+rice+salad / mushroom fried rice+salad

1Day- meal of your choice

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

DINNER-

2DAYS- broccoli salad/ 2ragi chilla+green chutney

2DAYS- panner tikka+green chutney/ milk daliya

3DAYS- Mexican soup/ 1veg. uttapam+sambhar

BEDTIME- 1cup saunf 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] 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.

