

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

3DAYS- oats chia pudding /2sunny side up

2DAYS- oats upma /mushroom sandwich

2DAYS- 2moong dal chilla+green chutney

[you can have milk tea/coffee with breakfast]

MID- MORNING- any seasonal fruit /sattu drink

LUNCH-

2DAYS- 1besan roti+any dal or cuury+salad+buttermilk

3DAYS- 1-2roti/rice+any dal or sabji+salad+curd

1Day- chicken biryani+salad+buttermilk

1Day- meal of your choice

EVENING SNACK- ginger tea/milk tea+any seasonal fruit

DINNER-

3DAYS- 300gms dhokla /barley daliya

2DAYS- masala egg salad/chicken soup

2DAYS- stir fried rajma salad / 1plain dosa+sambhar

BEDTIME- 1cup chamomile 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]
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.

