

WEIGHT LOSS DIET

MORNING DRINK- 1cup turmeric tea+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- 1ragi chilla with panner stuffing+green chutney

2DAYS- 1veg uttapam+coconut chutney/ overnight oats

3DAYS- 2peanut butter toast/ mushroom sandwich

MID- MORNING- any seasonal fruit/coconut water

LUNCH-

2DAYS- rice+any dal or cuury+salad+curd /masoor dal+rice+salad+buttermilk

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

1Day- soya pulao+buttermilk+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+popcorn /sweet corn chaat
[1katori]

DINNER-

3DAYS- jowar khichdi / whole wheat pasta

2DAYS- sprouts dosa+coconut chutney /lemon coriander
soup+50gms grill panner

2 DAYS- panner tikka+green chutney/broccoli salad

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.

