

WEIGHT LOSS DIET

MORNING DRINK- 1cup dhaniya and methi seed tea+2brazil nuts

BREAKFAST OPTIONS-

2DAYS- 1bread pizza/ rava upma [add veggies]

2DAYS- kesar chia pudding

3DAYS- 1qunioa chilla+green chutney/veg. appe+coconut chutney

MID- MORNING- 1glass sattu drink/ mint cucumber juice

LUNCH-

2DAYS- 1-2 multigrain roti+any dal or sabji+salad+curd

2DAYS- mushroom fried rice+salad+buttermilk / rice+any dal or curry+salad+buttermilk

2Day- boiled potato chaat+beetroot raita/ 1 masoor dal wrap

1Day- meal of your choice

EVENING SNACK- curry leaves tea/milk tea+any seasonal fruit

DINNER-

3DAYS- boiled moong dal panner salad/ jowar khichdi

2DAYS- 2sprouts chilla+amla chutney/ barley daliya

2 DAYS- 2oats idli+sambhar/ Mexican soup

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.

