

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

2DAYS- 2sunny side up / 1veg. uttpam+green chutney

2DAYS- oats omellete / ragi malt

3DAYS- 1glass banana peanut butter smoothie/ panner beetroot sandwich

MID- MORNING- sattu drink/ chia seed lemon water

LUNCH-

2DAYS- rice+any dal or cuury+salad+curd /chicken wrap

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

1Day- boiled potatao chaat+beetroot raita

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+khakhra/1apple with peanut butter

DINNER-

3DAYS- milk daliya/ hummus sandwich

2DAYS- sautéed mushroom panner salad/ kala chaana salad

2 DAYS- masala egg salad / chicken 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.

