

WEIGHT LOSS DIET

MORNING DRINK- 1cup curry and tulsi leaves tea+2brazil nuts

BREAKFAST OPTIONS-

3DAYS- moong dal beetroot chilla+green chutney/ kesar chia pudding

2DAYS- veg. vermicelli

2DAYS- mix fruit yogurt salad / hung curd sandwich

MID- MORNING- any seasonal fruit / cucumber mint juice

LUNCH-

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

1DAYS- quinoa pulao+buttermilk+salad

2Day- rice+any dal or curry+salad+buttermilk / 2slice whole wheat pizza

1Day- meal of your choice

EVENING SNACK- curry leaves tea/milk tea+makhana

DINNER-

3DAYS- stir fried sprouts salad/ pumpkin soup

2DAYS- boiled lobia salad / panner tikka+saald

2 DAYS- barley daliya+salad/ 1besan toast+green chutney

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 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.

