

WEIGHT LOSS DIET

MORNING DRINK- 1cup jeera lemon water+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- masala oats / coconut dates smoothie

2DAYS- avocado smoothie/veg. vermicelli

3DAYS- grilled sandwich/ kesar chia pudding

MID- MORNING- sattu drink / 1katori roasted makhana

LUNCH-

2DAYS- rice+any dal or curry+salad+buttermilk / soyabean pulao+salad+buttermilk

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

2Day- meal of your choice/ mushroom wrap

EVENING SNACK- milk tea/green tea+any seasonal fruit / pomegranate yogurt /sweet corn chaat

DINNER-

3DAYS- ragi soup/ masala chana sandwich

2DAYS- gheeya kheer/ sauteed vegetable+grilled tofu

2 DAYS- barley daliya /Mexican salad

BEDTIME- 1cup jeera 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 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.

