

WEIGHT LOSS DIET

MORNING DRINK- 1glass anjjer kishmish water

BREAKFAST OPTIONS-

3DAYS- masala chaana sandwich/ chocolate chia seed pudding

2DAYS- 1jowar chilla+green chutney/veg. vermicelli

2DAYS- oats upma/ragi upma

MID- MORNING- any seasonal fruit /sattu drink

LUNCH-

3DAYS- 1roti+any sabji or dal+salad+curd [you can use any atta for roti]

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

1Day- whole wheat pasta

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+1protein bar [once or twice a week]/roasted chaana

DINNER-

3DAYS- makhana milk/ Mexican soup

2DAYS- 1ragi wrap/tofu bhurji+salad

2 DAYS- moong dal idli+coconut chutney / oats khichdi

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.

