

WEIGHT LOSS DIET

MORNING DRINK- 1cup shatavari tea+30gmsseed mix

BREAKFAST OPTIONS-

2DAYS- hummus sandwich/ 1 quinoa chilla+green chutney

2DAYS- mix fruit yogurt salad

3DAYS- 1gobhi prantha+pickle/ ragi malt

[you can have tea/coffee if required] [plant based milk]

MID- MORNING- any seasonal fruit

LUNCH-

2DAYS- 1 masoor dal wrap/ 1besan roti+any sabji+salad+buttermilk

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

2Days- rice+any curry or dal+salad

1Day- meal of your choice

EVENING SNACK- shatavari tea/milk tea+roasted makhana /1 glass cold coffee

DINNER-

2DAYS- 250gms dhokla/ 1sprouts dosa+coconut chutney

2DAYS- beetroot pasta / tofu bhurji+salad

3DAYS- dal khichdi+salad/ 1spianch wrap

BEDTIME- 1cup saunf 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.

