

WEIGHT LOSS DIET

MORNING DRINK- 1glass warm ghee water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- 2peanut butter toast/ makhana chaat

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

3DAYS- 1glass gulaknd milk shake / 1gobhi prantha+pickle

[you can have tea/coffee if required]

MID- MORNING- any seasonal fruit/ sattu buttermilk

LUNCH-

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

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- green tea/milk tea+any seasonal fruit / 1katori apple chia pudding

DINNER-

2DAYS- 1oats chilla with panner stuffing

2DAYS- gheeya palak soup/ kala chana salad

3DAYS- beetroot pasta/ 1sprouts dosa+coconut chutney

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] avoid adding excess of spices and oil in food.
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.

