

WEIGHT LOSS DIET

MORNING DRINK- 1cup cinnamon lemon water+2walnuts soaked

BREAKFAST OPTIONS-

3DAYS- corn and spinach sandwich/2masoor dal chilla+green chutney

2DAYS- 1broccoli prantha+pickle/ overnight oats

2DAYS- dry fruit shake /mix fruit bowl+30gms seeds

[You can have coffee/milk tea with breakfast] [use any plant based milk]

MID- MORNING- chia seed coconut water/sattu drink

LUNCH-

3DAYS- 2 oats roti+any sabji+salad+curd

2DAYS- rice+any dal or curry+salad [you can also use brown rice]

1Days- 1soya wrap

1Day- meal of your choice

EVENING SNACK- cinnamon tea/milk tea+any seasonal fruit

DINNER-

3DAYS- moong dal idli+coconut chutney/ sauteed vegetable+boiled chickpea

2DAYS- tofu bhurji+salad/ rajma veggies salad

2 DAYS- 1-2jowar chilla+green chutney/ oats gheeya tikka+salad+green chutney

BEDTIME- 1cup jeera tea

[Dislikes- mushrooms]

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhana
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.