

WEIGHT LOSS DIET

MORNING DRINK- 1cup methi seed water+30gms seed mix

BREAKFAST OPTIONS-

3DAYS- masala chaana sandwich/ chocolate smoothie

2DAYS- ragi upma [add veggies]

2DAYS- 1besan gheeya chilla+amla chutney/ veg. poha

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

MID- MORNING- kulukii sharbat/ any seasonal fruit

LUNCH-

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

2DAYS- soya pulao+curd+salad [you can also use brown rice] /
rice+lobia curry+salad+buttermilk

1Days- jowar khichdi+salad

1Day- meal of your choice

EVENING SNACK- cinnmaon tea/milk tea+roasted makhana / 1apple with
peanut butter

DINNER-

3DAYS- quinoa veggies salad/ 250gms dhokla+chutney

2DAYS- moong dal salad/ pumpkin soup

2 DAYS- 1sprouts dosa+coconut chutney/ macroni soup

BEDTIME- 1cup saunf 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.