

WEIGHT LOSS DIET

MORNING DRINK- 1cup herbal tea+2brazil nuts

BREAKFAST OPTIONS-

2DAYS- coconut date shake

2DAYS- veg poha/ oats upma

3DAYS- veg grilled sandwich /1masoor dal chilla+green chutney

MID- MORNING- 1glass sattv drink/ any seasonal fruit

LUNCH-

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

2DAYS- chole+rice+salad+buttermilk /veg. pulao+beetroot raita+salad

2Day- jowar khichdi+salad+buttermilk/ whole weat pasta

1Day- meal of your choice

EVENING SNACK- green tea/milk tea +roasted chana / 1katori anar with curd [add 1tsp pumpkin seeds]

DINNER-

2DAYS- Mexican salad/ masala idli

3DAYS- mushroom wrap /panner bhurji+salad

2 DAYS- 1sprouts dosa+coconut chutney/ gheeya kheer

BEDTIME- 1cup cinnamon 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.

