

WEIGHT LOSS DIET

MORNING DRINK- 1cup chia seed lemon water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- overnight oats / chocolate smoothie

2DAYS- veg upma/ 1bread pizza

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

MID- MORNING- 1glass kulukii sharbat / any seasonal fruit

LUNCH-

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

2DAYS- rice+any dal or curry+salad+buttermilk

2Day- jowar khichdi+salad+buttermilk/ spinach wrap

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+any seasonal fruit/ 1glass cold coffee

DINNER-

2DAYS- Mexican salad/ paner bhurj+1ragi chilla

3DAYS- quinoa veggies salad /soya kakab+green chutney

2 DAYS- 1sprouts dosa+coconut chutney/ makhana dahi chaat

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.

