

WEIGHT LOSS DIET

MORNING DRINK- 1cup herbal tea+30gmsseed mix

BREAKFAST OPTIONS-

2DAYS- 1ragi chilla+amla chutney/ apple nutty smoothie

2DAYS- oats appe+coconut chutney/ 1glass gulkand shake

3DAYS- 1bread pizza/ quinoa upma

[you can have tea/coffee if required] [plant based milk]

MID- MORNING- any seasonal fruit/ kulukii sharbat

LUNCH-

1DAYS- Mexican wrap

3DAYS- 1roti+any sabji or dal+salad+curd [use oats/bran flour to make roti]

2Days- soya pulao+cucumber raita+salad / rice+any dal or curry+salad

1Day- meal of your choice

EVENING SNACK- shatavari tea/milk tea+roasted makhana
/mango chia pudding

DINNER-

2DAYS- masala idli/ 2-3 pcs oats gheeya tikki+green chutney

2DAYS- pumpkin soup+roasted chaana/ kachumber salad

3DAYS- 2-3 pcs poha cutlet+salad/ barley daliya

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]
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.

