

WEIGHT LOSS DIET

MORNING DRINK- 1cup herbal tea+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- chocolate smoothie/ veg poha

2DAYS- corn spinach sandwich [2slice bread] / kesar chia pudding

3DAYS- veg. vermicelli /oats in curd

[you can take coffee/milk tea with breakfast]

MID- MORNING- any seasonal fruit / coconut water

LUNCH-

3DAYS- 1roti+any sabji or dal+salad+curd

2DAYS- 1broccoli prantha+pickle/nutri+rice+salad [have curd or buttermilk]

1Day- jowar khichdi+saald +curd

1Day- meal of your choice

EVENING SNACK- ginger tea/milk tea+khakhra

DINNER-

3DAYS- 1veg uttapam +sambhar /hot and sour soup

2DAYS- 1besan beetroot chilla+green chutney/sauteed rajma salad

2 DAYS- mushroom wrap/ panner tikka+green chutney

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.

