

WEIGHT LOSS DIET

MORNING DRINK- 1cup herbal tea/ 1glass Amla carrot beetroot juice/ 1glass cinnamon lemon water with 5soaked almonds+2soaked walnuts

BREAKFAST OPTIONS-

2DAYS- roasted chana chaat

3DAYS- overnight oats/ 1glass peanut butter banana smoothie [1banana,2tsp peanut butter, 5almonds,2tsp chia seeds blend and enjoy]

2DAYS- 2peanut butter toast/ hung curd sandwich

2DAYS- 1quinoa chilla+green chutney [add veggies]

2DAYS- ragi upma [add veggies] / oats appe+coconut chutney

MID- MORNING- barley water/ chia seed coconut water/ any seasonal fruit / sattv drink

LUNCH-

3DAYS- 1roti/ brown rice+any dal or sabji or gravy+salad+curd [use kala chana atta or ragi atta]

2DAYS- 1bowl lobia curry+salad+buttermilk /sprouts panner salad+buttermilk

2Day- meal of your choice/ 2slice wheat pizza

2DAYS - masoor dal wrap

2DAYS- steamed quinoa+rajma curry

EVENING SNACK- saunf tea/beetroot peel tea / coffee+ roasted makhana or chana [without sugar] / 1apple with peanut butter

DINNER-

3DAYS- panner tikka+green chutney / grilled tofu+sautéed vegetable

2DAYS- soya chunk salad

2 DAYS- 1uttapam+sambhar

2DAYS- ragi soup/ Mexican soup

2DAYS- 1glass chocolate smoothie / boiled moong dal salad

2DAYS – mushroom pepper fry / methi dal

BEDTIME- 1cup saunf ajwain tea

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhanas

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] avoid adding excess of spices and oil in food.

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.
16. Sugar cravings you can have 1date, 1oats ladoo, 1dry fruit ladoo, 1spoon peanut butter,

