

WEIGHT LOSS DIET

MORNING DRINK- 1cup mint cucumber juice/ saunf water+2walnuts saaked

BREAKFAST OPTIONS-

2DAYS- veg. poha/ 1bread pizza

3DAYS- roasted chana chaat/ oats gheeya chila+green chhutny

2DAYS- 1glass cold coffee smoothie / overnight oats

MID- MORNING- coconut chia water/ any seasonal fruit

LUNCH-

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

2DAYS- 1gobhi prntha+buttermilk+salad/ sprouts pulao+cucumber raita+Salad

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

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+makhana/ fruit chaat

DINNER-

3DAYS- mushroom wrap/ panner tikka+green chutney

2DAYS- makhana dahi chaat / oats daliya+salad

2 DAYS- poha cutlet+green chutney/ soya chunk salad

BEDTIME- 1cup saunf 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]
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.

