

WEIGHT LOSS DIET

MORNING DRINK- 1glass saunf lemon water+5soaked almonds

BREAKFAST OPTIONS-

3DAYS- corn and spinach sandwich/ quinoa upma

2DAYS- 1glass coconut date shake

2DAYS- veg. vermicelli / overnight oats

MID- MORNING- sattu drink/ cucumber mint juice

LUNCH-

3DAYS- 1roti+any dal or sabji+salad+curd [use any flour for roti]

1DAYS- 1gobhi prantha+pickle+buttermilk

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

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+any seasonal fruit / mix fruit
chaat

DINNER-

3DAYS- Mexican soup/ gheeya kheer

2DAYS- 1ragi wrap / gulkand shake

2 DAYS- bhel puri/ sprouts panner salad

BEDTIME- 1cup saunf tea

NOTE- you can take milk tea or coffee with breakfast if required without sugar

[dislikes soya,mushroom,cabbage, lettuce,lobia]

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. For sugar cravings you can have 1date/1oats laddoo/1dry fruit laddoo/2pcs dark chocolate/1fruit/1tsp peanut butter

15. Manage your stress and Do some deep breathing at any time of the day.

