

WEIGHT LOSS DIET

MORNING DRINK- 1cup ginger lemon water+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- apple chia pudding

2DAYS- veg. upma / 1besan gheeya chilla+amla chutney

3DAYS- 2peanut butter toast/oats in curd

[you can have tea/coffee if required]

MID- MORNING- cucumber mint water / coconut water

LUNCH-

3DAYS- sprouts pulao+curd+salad/rice+dal makhani+salad

3DAYS- 1roti+any sabji or dal+salad+curd [you can use any of these flour for roti oats/bran]

1Day- meal of your choice

EVENING SNACK- cinnamon tea+roasted chana

DINNER-

2DAYS- mushroom pepper fry/2-3 beetroot kakab+green chutney

3DAYS- panner bhurji+salad/ palak khichdi+salad

2 DAYS- ragi soup+roasted makhana / rajma veggies salad

BEDTIME- 1cup chamomile tea

[you can take tea/ coffee with breakfast or evening without sugar]

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.

