

WEIGHT LOSS DIET FOR NAVRATRI

MORNING DRINK- 1glass lemon water+5almonds+2walnuts
soaked

BREAKFAST OPTIONS-

2DAYS- sweet potato anar chaat / 1bowl roasted makhana+1apple

2DAYS- kesar chia seed pudding /mix fruit chaat

3DAYS- 1glass gur lassi/ gulkand milk shake

MID- MORNING- 30gms seed mix+tea/coffee / coconut chia seed
water

LUNCH-

3DAYS- 2 rajgira chilla+green chutney/ 3-4 alloo panner tikki+green
chutney/ 2roti+any sabji+salad+curd

2DAYS- 2roti+panner sabji+curd / 4-5kuttu idli+green chutney

2Day- 2samak chilla+green chutney+curd / 1-2 saboodana
dosa+green chutney

[use sigrara,kuttu,rajgira atta for roti]

EVENING SNACK- milk tea/coffee/herbal tea+any seasonal fruit

DINNER-

3DAYS- 1glass coconut date shake / 1glass elaichi milk+1katori makhana

2DAYS- gheeya kheer/ grilled panner chaat

2 DAYS- 1glass cinnamon milk+1rajgira laddoo/ makhana kheer

BEDTIME- 1cup fennel 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.

