

WEIGHT LOSS DIET

MORNING DRINK- 1cup curry leaves tea+5soaked almonds

BREAKFAST OPTIONS-

2DAYS- panner beetroot sandwich

2DAYS- strawberry smoothie/oats upma

3DAYS- veg. appe+green chutney/veg. poha

[you can have tea/coffee if required]

MID- MORNING- coconut water/any seasonal fruit

LUNCH-

2DAYS- 1bran roti+any dal or sabji+salad+curd

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

2Day- panner wrap/moong dal khichdi+curd+salad

1Day- meal of your choice

EVENING SNACK- milk tea/curry leaves tea+1protien bar [once or twice a week] or khakhra

DINNER-

3DAYS- 2jowar chilla+green chutney/ masala idli

2DAYS- pumpkin soup+roasted chana / dhokla [250gms]

2 DAYS- quinoa veggies salad/panner tikka+salad

BEDTIME- 1cup saunf 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.

