

WEIGHT LOSS DIET

MORNING DRINK- 1cup cinnamon tea+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- hummus sandwich/masala oats

3DAYS- avocado toast / veg. vermicelli

2DAYS- mushroom omelette/ oats pancake

MID- MORNING- ABC juicie / chia seed lemon water

LUNCH-

2DAYS- quinoa vegetable bowl

2DAYS- Mediterranean salad/chicken wrap+salad

2Days- 1oats roti/ rice+any sabji or dal+salad+curd

1day- meal of your choice

EVENING SNACK- cinnamon tea+ roasted makhana / any seasonal fruit

DINNER-

2DAYS- 3-4 pcs sushi/ chicken tikka+green chutney

2DAYS- lemon coriander soup/ boiled lobia salad

3DAYS- beetroot pasta/ egg bhurji+salad

BEDTIME- 1cup saunf tea

Specifications- pre diabetic, borderline cholesterol, symptoms of anemia

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.
16. Only chicken breast are allowed, avoid organ meat, red meat, pork.

