

WEIGHT LOSS DIET

MORNING DRINK- 1glass kishmish anjeer water

BREAKFAST OPTIONS-

2DAYS- 1ragi chilla+panner stuffing+green chutney

2DAYS- grilled sandwich/ mango chia pudding

3DAYS- veg. vermicelli/ overnight oats

[you can have tea/coffee with breakfast]

MID- MORNING- 1glass ABC juice [add 1tsp chia seed] /
watermelon mint juice

LUNCH-

3DAYS- 1-2roti+any sabji or dal+salad +curd [you can use any flour to make roti]

2DAYS- soya pualo+vegetable raita+salad+buttermilk /rice+any dal or curry+salad+buttermilk

1Days- mushroom wrap

1Day- meal of your choice

EVENING SNACK- green tea/ cold coffee+any seasonal fruit
[without sugar]

DINNER-

3DAYS- mexcian soup/ sprouts panner salad/
1uttapam+sambhar

2DAYS- oats daliya+salad/ 1masoor dal wrap

2 DAYS- masala idli/gheeya palak soup

BEDTIME- 1cup warm water

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar puffs

Sweet Cravings:

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate

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] avoid adding excess of spices and oil in food.
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. Sugar cravings you can have 1date, 1oats ladoo, 1dry fruit ladoo, 1spoon peanut butter,

