

WEIGHT LOSS DIET

MORNING DRINK- 1cup methi seed water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- tofu sandwich

2DAYS- 2quinoa chilla+green chutney / 1glass cold coffee smoothie

3DAYS- oats chia pudding / 1besan toast+green chutney

MID- MORNING- sattu buttermilk / any seasonal fruit

LUNCH-

2DAYS- rice+any dal or cuury+salad+curd

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

2Day- soya chunk salad/ sprouts pulao+salad

1Day- meal of your choice

EVENING SNACK- saunf tea/milk tea+any seasonal fruit / mango
chia pudding [1katori]

DINNER-

3DAYS- grilled panner salad/ 1oats dosa+sambhar

2DAYS- sautéed vegetable+boiled chickpea

2 DAYS- millet khichdi/ beetroot kakab+salad+green chutney

BEDTIME- 1cup saunf tea

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]
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.

