

WEIGHT LOSS DIET

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

BREAKFAST OPTIONS-

2DAYS- kala chana chaat

2DAYS- mango chia pudding/ mushroom sandwich

3DAYS- veg. vermicelli /2moongdal chilla+green chutney

[you can have tea/coffee if required]

MID- MORNING- watermelon mint juice /any seasonal fruit

LUNCH-

3DAYS- 1bran/oats roti+any dal or sabji+salad+curd

3DAYS- rice+any curry or dal+salad+buttermilk

1Day- meal of your choice

EVENING SNACK- curry leaves tea+makhana

DINNER-

3DAYS- oats gheeya tikka+green chutney/ barley daliya

2DAYS- milk daliya

2 DAYS- rajma veggies salad/ 1veg. uttapam+sambhar

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.

