

WEIGHT LOSS DIET

MORNING DRINK- 1cup methi seed tea+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- cold coffee smoothie/ overnight oats

3DAYS- ragi upma [add veggies] / makhana dahi chaat

2DAYS- 2peanut butter toast

[tea/coffee are allowed breakfast without sugar] [plant based milk]

MID- MORNING- kulukii sharbat/ any seasonal fruit

LUNCH-

2DAYS- rice+any dal or curry+salad

3DAYS- 1-2 oats roti+any dal or sabji+salad+buttermilk

1Day- soya pulao+salad+buttermilk

1Day- meal of your choice

EVENING SNACK- cinnamon tea+roasted chana

DINNER-

2DAYS- broccoli soup / sweet corn panner salad

2DAYS- sprouts dhokla [250gms]/ Mexican soup

3DAYS- masala idli /moong dal khichdi

BEDTIME- 1cup cinnamon 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 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.

