

WEIGHT LOSS DIET

MORNING DRINK- curry leaves tea+2brazil nuts

BREAKFAST OPTIONS-

2DAYS- 1oats chilla+green chutney

2DAYS- strawberry smoothie / cold coffee smoothie

3DAYS- frennch toast/ avocado egg sandwich

[yo can have tea/coffee with breakfast] [without sugar]

MID- MORNING- kuluki sharbat/ any seasonal fruit

LUNCH- take apple cider vinegar in warm water 30-45 min before dinner

3DAYS- quinoa veggies bowl/ chicken salad

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

1Day- masoor dal wrap

1Day- meal of your choice

EVENING SNACK- 1aapple with peanut butter+curry leaves tea

DINNER-

3DAYS- avocado wrap/ pumpkin soup+30gms grill panner

2DAYS- masala egg salad / whole wheat noodles

2 DAYS- Mediterranean salad / cabbage panner saald

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 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.

