

WEIGHT LOSS DIET

MORNING DRINK- 1cup cinnamon tea+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- veg. poha/ veg. vermicelli

2DAYS- oats in milk

3DAYS- roasted chana chaat/2avocado toast

MID- MORNING- any seasonal fruit / ABC juice

LUNCH-

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

2DAYS- rice+any dal or curry+salad+buttermilk

2 DAYS- meal of your choice / whole wheat pasta

EVENING SNACK- 1glass cold coffee [without sugar] / green tea+any seasonal fruit

DINNER-

2DAYS- lentil veggies salad / rajma veggies salad

2DAYS- macroni soup/ quinoa avocado salad

3DAYS- 2oats idli+sambhar/ spinach wrap

BEDTIME- 1cup ginger 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.

