

WEIGHT LOSS DIET

MORNING DRINK- 1cup turmeric tea+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- moong dal chilla+amla chutney [add veggies]

2DAYS- 1bread pizza/masala oats

3DAYS- apple nutty smoothie/ 2sunny side up

MID- MORNING- any seasonal fruit/ chia seed coconut water

LUNCH-

3DAYS- 1-2bran roti+any sabji or dal+salad+curd

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

1Day- chicken wrap

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+chana or 1apple with peanut butter

DINNER-

3DAYS- masala egg salad /hot and sour soup

2DAYS- oats gheeya tikki+green chutney /1bowl bhel puri

2 DAYS- chicken seekh kakab+salad / soya chucnk salad

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 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.

