

WEIGHT LOSS DIET

MORNING DRINK- 1glass turmeric black pepper water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- overnight oats / strawberry smoothie

2DAYS- roasted chana chaat / mushroom sandwich

3DAYS- oats upma / 1bread pizza

[you can have tea/coffee if required]

MID- MORNING- gond katira shikanji/ kulukki sharbat

LUNCH-

1DAYS- Mexican wrap

3DAYS- 1roti+any sabji or dal+salad+curd [use oats/bran flour to make roti]

2Days- soya pulao+cucumber raita+salad / rice+any dal or curry+salad

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+makhana

DINNER-

2DAYS- steamed quinoa+sauteed vegetable

2DAYS- sprouts dhokla [250gms]/poha cutlet+green chutney

3DAYS- 1moong dal chilla+panner bhurji/ whole wheat pasta

BEDTIME- 1cup jeera 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] avoid adding excess of spices and oil in food.
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.

