

WEIGHT LOSS DIET

MORNING DRINK- 1glass chia seed lemon water+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- oats with curd

2DAYS- dry fruit smoothie/veg. Vermicelli

3DAYS- 1moong dal chilla+green chutney /makhana chaat

MID- MORNING- ABC juice /any seasonal fruit

LUNCH-

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

2DAYS- veg. pulao+salad+curd/ 1besan roti+any sabji+salad+cucumber raita

1Day- dal makhani+rice+salad+buttermilk

1Day- meal of your choice

EVENING SNACK- green tea+any seasonal fruit or apple chia pudding (1katori)

DINNER-

3DAYS- sprouts veggies salad /vegetable khichdi

2DAYS- macroni soup /dal palak soup

2 DAYS- soya chunk salad / 1veg. Uttapam+sambhar

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 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.

