

WEIGHT LOSS DIET

MEAL TIMMINGS-

BREAKFAST- should be max by 10am

MID-MORNING- 12PM

LUNCH- 2:30PM

EVENING SNACK- 5PM

DINNER- max by 8-8:30PM

MORNING DRINK- 1glass chia seed lemon water+5soaked almonds

BREAKFAST OPTIONS-

3DAYS- 2moong dal chilla+green chutney/ veg. appe+coconut chutney

2DAYS- oats omellete/ boiled egg sandwich

2DAYS- strawberry smoothie

[you can have tea/coffee with breakfast]

MID- MORNING- 1glass coconut water [add 1tsp chia seed] / barley water

LUNCH-

3DAYS- 1-2roti+any sabji or dal+salad +curd [you can use any flour to make roti] / chicken pasta

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

2Days- Mexican wrap/ meal of your choice

EVENING SNACK- saunf tea+any seasonal fruit/ 1apple with peanut butter

DINNER-

3DAYS- chicken soup/ makhana milk/ sauteed vegetable+3egg whites

2DAYS- panner bhujri+1oats chilla

2 DAYS- 1sprouts dosa+coconut chutney/ soya kakab+green chutney

BEDTIME- 1cup warm water [you can add 1tsp isabgol]/ saunf tea

Specifications- hypertension, prediabetic, migrane

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)

7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar puffs

Sweet Cravings:

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate

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.
16. Sugar cravings you can have 1 date, 1 oats ladoo, 1 dry fruit ladoo, 1 spoon peanut butter,

