

WEIGHT LOSS DIET

MORNING DRINK- 1cup tulsi leaves and cinnamon water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- oats upma/ overnight oats

2DAYS- makhana dahi chaat

3DAYS- 1sooji beetroot chilla+green chutney / masala chana sandwich

[you can have tea/coffee with breakfast] [use unsweetened almond or oats milk]

MID- MORNING- any seasonal fruit

LUNCH-

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

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

1Day- whole wheat noodles

1Day- meal of your choice

EVENING SNACK- cinnamon tea/ milk tea+khakhra

DINNER-

3DAYS- mushroom soup/ barley daliya+salad

2DAYS- moong dal idli+coconut chutney/ ragi wrap

2 DAYS- sauteed vegetables+grilled tofu

BEDTIME- 1cup saunf tea

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]
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.

