

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- 1cup cinnamon tea /ash gourd juice

BREAKFAST OPTIONS-

2DAYS- veg poha / masala oats

2DAYS- peanut butter banana smoothie

3DAYS- oats in curd / grilled sandwich

MID- MORNING- any seasonal fruit

LUNCH-

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

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

2Day- meal of your choice/ whole wheat noodles

EVENING SNACK- cinnmaon tea/green tea+any seasonal fruit / chia pudding / fruit chaat/cold coffee

DINNER-

3DAYS- hara bhara kkaab+green chutney/ kachumber salad

2DAYS- 2ragi chilla+amla chutney

2 DAYS- mushroom soup/ hummus wrap

BEDTIME- 1cup saunf 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.

