

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 methi seed cinnamon water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- chocolate smoothie

2DAYS- veg, poha / overnight oats

3DAYS- corn and spinach sandwich /1sooji chilla+green chutney

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

MID- MORNING- any seasonal fruit/ coconut water

LUNCH-

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

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

1Day- chicken biryani+buttermilk+salad

1Day- meal of your choice

EVENING SNACK- cinnmaon tea/milk tea+roasted chana / 1glass
cold coffee

DINNER-

2DAYS- mushroom omellte/ chicken soup

3DAYS- kala chana chaat / oats khichdi+salald

2 DAYS- sprouts dosa+coconut chutney/ ragi wrap

BEDTIME- 1cup chamomile 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.

