

WEIGHT LOSS DIET

MORNING DRINK- 1cup herbal tea+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- 1peas prantha+curd / veg. poha

2DAYS- 1glass apple nutty smoothie/ cucumber sandwich [2whole wheat bread]

3DAYS- 2idli+sambhar/ panner wrap / ragi bites [3-4pcs]

[you can have tea/coffee if required]

MID- MORNING- coconut water/any seasonal fruit

LUNCH-

3DAYS- 1bran roti+any dal or sabji+salad+curd [you can take buttermilk or yogurt also]

2DAYS- rice+any curry or dal+salad+curd [you can buttermilk or yogurt also]

2Day- vegetable lasagne / veg. dim sims [4 pcs]

1Day- meal of your choice

EVENING SNACK- milk tea/green tea+any seasonal fruit

DINNER-

3DAYS- broccoli soup/ sautéed mushroom panner salad

2DAYS- 1glass gulkand shake/ sweet corn cucumber salad

2 DAYS- oats khichdi/ soya chunk salad

BEDTIME- 1cup chamomile 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.

