

WEIGHT LOSS DIET

MORNING DRINK- 1glass chia seed lemon water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- corn and spinach sandwich /veg.vermicelli

2DAYS- 1besan beetroot chilla+amla chutney

3DAYS- sprouts chaat/scramble eggs [1whole egg+2egg whites]

MID- MORNING- 1glass sattu buttermilk / seasonal fruit

LUNCH-

3DAYS- 1bran roti+any sabji or dal+salad

3DAYS- soya pulao+curd+salad/1besan onion roti+any sabji+salad+curd

1Day- meal of your choice

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

DINNER-

3DAYS- /dal palak soup/sautéed vegetable+boiled kala chana

2DAYS- 1 panner dosa+coconut chutney/ sweet corn cucumber salad

2 DAYS- makhana milk / quinoa veggies salad

BEDTIME- 1cup fennel 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.

