

WEIGHT LOSS DIET

MORNING DRINK- 1glass warm water add 1 tsp ghee

BREAKFAST OPTIONS-

2DAYS- oats chia pudding

2DAYS- 1veg. uttpam+coconut chutney /2peanut butter toast

3DAYS- chocholate smoothie /1bread pizza / veg rava upma

MID- MORNING- any seasonal fruit

LUNCH-

3DAYS- 1 roti+any sabji or dal+salad+curd [you can use any flour for roti]

2DAYS- rice+any curry+salad+buttermilk

1Day- quinoa pulao+salad+buttermilk

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+popcorn/ cold coffee
[without sugar]

DINNER-

3DAYS- oats daliya/whole wheat pasta

2DAYS- beetroot kakab+green chutney/sauteed vegetable+30gms grill panner

2 DAYS- ragi soup/gheeya kheer

BEDTIME- 1cup cinnamon 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.

