

WEIGHT LOSS DIET

MORNING DRINK- 1glass dhaniya jeera seed water+2brazil nuts

BREAKFAST OPTIONS-

2DAYS- mango chia pudding/ veg, vermicelli

2DAYS- hung curd sandwich

3DAYS- 1besan gheeya chilla+green chutney/ makhana dahi chaat

MID- MORNING- gond katira shikanji / any seasonal fruit

LUNCH-

3DAYS- 1roti +any dal or sabji+salad+buttermilk [you can use any flour to make roti]

2DAYS- 1peas prantha+curd+salad / meal of your choice

2Days- rice+any dal or curry+salad+sattu buttermilk / veg.
pulao+salad+sattu buttermilk

EVENING SNACK- curry leaves tea+any seasonal fruit

DINNER-

3DAYS- sweet corn cucumber salad/ quinoa veggies salad

2DAYS- whole wheat noodles/ millet khichdi+salad

2 DAYS- mushroom soup/ moong dal idli+coconut chutney

BEDTIME- 1cup saunf 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] avoid adding excess of spices and oil in food.

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 banana and sapota are allowed except on detox diets. But you can use banana in smoothies as instructed in the diet.

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.

16. Sugar cravings you can have 1 date, 1 oats laddoo, 1 dry fruit laddoo, 1 spoon peanut butter,

