

WEIGHT LOSS DIET

MORNING DRINK- 1cup herbal tea+2brazil nuts

BREAKFAST OPTIONS-

2DAYS- 1oats pancake/ 2sunny side up

2DAYS- choco chia pudding/ millet upma

3DAYS- boiled egg sandwich/ avocado smoothie

[yo can have tea/coffee with breakfast] [without sugar]

MID- MORNING- gond katira shikanji / any seasonal fruit

LUNCH- take apple cider vinegar in warm water 30-45 min before dinner

3DAYS- chicken seekh kabab+green chutney/ 1sprouts
dosa+coconut chutney

2DAYS- 1-2 roti+any sabji or dal+salad+buttermilk / cucumber corn salad

1Day- egg roll

1Day- meal of your choice

EVENING SNACK- roasted chana+curry leaves tea/ 1glass cold coffee

DINNER-

3DAYS- panner bhurji+salad / macroni soup

2DAYS- quinoa chilla+green chutney / beetroot pasta

2 DAYS- Moongdal idli+coconut chutney/ hummus wrap

BEDTIME- 1cup saunf 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 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.

