

WEIGHT LOSS DIET

MORNING DRINK- 1cup curry leaves tea+2brazil nuts

BREAKFAST OPTIONS-

2DAYS- 1oats chilla+green chutney [panner stuffing]

2DAYS- strawberry smoothie / cold coffee smoothie

3DAYS- veg. poha/ corn and spinach sandwich

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

MID- MORNING- kuluki sharbat/ any seasonal fruit

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

3DAYS- quinoa veggies bowl/ chicken salad

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

1Day- masoor dal wrap

1Day- meal of your choice

EVENING SNACK- roasted chana+curry leaves tea

DINNER-

3DAYS- panner bhurji+salad / macroni soup

2DAYS- quinoa veggies salad / whole wheat noodles

2 DAYS- Moongdal idli+coconut chutney/ bhel puri

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.

