

WEIGHT LOSS DIET

MORNING DRINK- 1cup methi jeera tea+30gms seed mix (boil half spoon methi and jeera seeds in 2cups water for 5-7 mins)

BREAKFAST OPTIONS-

2DAYS- corn spinach sandwich [2whole wheat bread] /makhana chaat

2DAYS- 1oats beeteoot chilla+amla chutney

3DAYS- ragi upma / strawberry smoothie

(Use unsweetened almond or oats milk)

MID- MORNING- coconut water / bhel juice

LUNCH-

3DAYS- 1-2oats/ bran roti+any sabji or dal+salad+curd

2DAYS- rice+any dal or curry+salad+buttermilk

2Day- meal of your choice/ 2kulcha+chole+salad

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

DINNER-

3DAYS- tofu bhurji+salad/ 2idli +sambhar

2DAYS- 1mushroom wrap/ vegetable daliya+salad

2 DAYS- soya kababs +green chutney/ chickpea veggies salad

BEDTIME- 1tsp saunf with warm water

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.

