

WEIGHT LOSS DIET

MORNING DRINK- 1cup curry leaves tea+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- oats omellete [3egg whites]

2DAYS- mushroom sandwich/ veg. poha

3DAYS- 1glass chocolate smoothie/1massor dal chilla+green chutney

[you can have tea//coffee with breakfast if required] [try to use soy milk instead of dairy milk]

MID- MORNING- sattu drink /any seasonal fruit

LUNCH-

3DAYS- 1bran/oats roti+anydal or sabji+salad+curd

2DAYS- egg bhurji/lobia curry+rice+salad+buttermilk

1Day- whole wheat pasta

1Day- meal of your choice

EVENING SNACK- milk tea/green tea+roasted chana

DINNER-

3DAYS- 1sprouts dosa+coconut chutney /quinoa chicken salad

2DAYS- moong dal salad/millet khichdi

2 DAYS- masala fish /Mexican soup

BEDTIME- 1cup chamomile 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]
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.

