WEIGHT LOSS DIET

MEAL TIMMINGS-

BREAKFAST- should be max by 10am

MID-MORNING- 12PM

LUNCH- 2:30PM

EVENING SNACK- 5PM

DINNER- max by 8-8:30PM

MORNING DRINK- 1cup ginger lemon water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- mango chia pudding / chocolate smoothie

2DAYS- masala oats / 1besan gheeya chilla+amla chutney

3DAYS- 2peanut butter toast/makana dahi chaat

[you can have tea/coffee if required]

MID- MORNING- cucumber mint water / coconut water

LUNCH-

3DAYS- sprouts pulao+curd+salad/rice+palak kadi+salad [you can have curd or buutermilk]

3DAYS- 1roti+any sabji or dal+salad+curd [you can use any of these flour for roti oats/bran]

1Day- meal of your choice

EVENING SNACK- cinnamon tea+roasted chana / 1apple with peanut butter

DINNER-

2DAYS- sprouts mushroom salad/ dhokla 250gms
3DAYS- panner bhurji+salad/ barley daliya+salad

2 DAYS- ragi soup+roasted makhana / rajma veggies salad

BEDTIME- 1cup jeera tea

[you can take tea/ coffee with breakfast or evening without sugar]

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.