

WEIGHT LOSS DIET

MORNING DRINK- 1cup tulsi leaves tea+30gms seed mix [boil 4-5 leaves in water for 5-7 mins]

BREAKFAST OPTIONS-

3DAYS- masala chaana sandwich/2sunny side up

2DAYS- 1besan gheya chilla+green chutney/veg. vermicelli

2DAYS- oats upma/mango chia pudding

MID- MORNING- any seasonal fruit/chia seed lemon water

LUNCH-

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

2DAYS- rice+any dal or curry+salad+buttermilk /chicken pulao+salad+buttermilk

1Day- 1peas prantha+curd+salad

1Day- meal of your choice

EVENING SNACK- cinnamon tea/milk tea+1protein bar [once or twice a week]/ makhana

DINNER-

3DAYS- 1sprouts dosa+coconut chutney / chicken pasta

2DAYS- 1masoor dal wrap/egg bhurji+salad

2 DAYS- broccoli soup / oats khichdi

BEDTIME- 1cup saunf 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 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.

