

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- 1glass dhaniya seed curry leaves water+2brazil nuts [boil half tsp dhaniya seeds and 2-3 curry leaves in water for 5-7mins]

BREAKFAST OPTIONS-

2DAYS- roasted chana chaat

3DAYS- overnight oats/ 1glass dry fruit smoothie

2DAYS- 2peanut butter toast/ hung curd sandwich

2DAYS- 1quinoa chilla+green chutney [add veggies]

2DAYS- oats upma [add veggies] / 1glass chocolate smoothie

MID- MORNING- chia seed coconut water/ any seasonal fruit+5almonds / gond katira shikanji

LUNCH-

3DAYS- 1roti/ brown rice+any dal or sabji or gravy+salad+curd [use kala chana atta or oats atta]

2DAYS- 1bowl lobia curry+salad+buttermilk /sprouts panner salad+buttermilk

2Day- meal of your choice/ beetroot pasta

2DAYS – 1 masoor dal wrap

2DAYS- steamed quinoa+rajma curry+buttermilk

EVENING SNACK- saunf tea+makhana/ 1glass cold coffee/ any seasonal fruit

DINNER-

3DAYS- panner tikka+green chutney / sautéed vegetable

2DAYS- chickpea tikka+green chutney

2 DAYS- gheeya kheer / oats khichdi+salad

2DAYS- pumpkin soup/ Mexican soup

2DAYS- sprouts veggies salad / boiled moong dal salad

2DAYS – mushroom pepper fry / methi dal

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] avoid adding excess of spices and oil in food.
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.
16. Sugar cravings you can have 1date, 1oats laddoo, 1dry fruit laddoo, 1spoon peanut butter,

