

WEIGHT LOSS DIET

MORNING DRINK- 1glass cinnamon lemon water+1tsp peanut butter+5 almonds soaked

BREAKFAST OPTIONS-

2DAYS- 2moong dal chilla+green chutney/ 2peanut butter toast+1apple

2DAYS- 2sunny side up+sauteed mushrooms

3DAYS- chicken sandwich/ 1small bowl oats in milk with 2walnuts+1tsp flax seeds+1tsp pumpkin seeds

[use whole wheat or multigrain bread]

MID- MORNING- 1glass sattv drink / chia seed coconut water

LUNCH-

2DAYS- chicken quinoa salad / soya chunk salad

2DAYS- brown rice+kidney beans curry+salad+buttermilk+3egg whites

2Days- 1avocado wrap/ broccoli salad+1whole egg+2egg whites

1day- meal of your choice

EVENING SNACK- 1glass sattu shake / 1-2 rice cake+1tsp peanut butter

DINNER-

2DAYS- falafel salad/ sauteed vegetables+100gms grill tofu

2DAYS- lentil salad / oats gheeya tikka+salad+green chutney

3DAYS- chicken pasta/ panner tikka+salad+green chutney

BEDTIME- 1cup saunf tea

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.

