

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 turmeric tea+5soaked almonds

BREAKFAST OPTIONS-

2DAYS- chicken sandwich/oats in milk

3DAYS- ragi malt/ mango chia pudding

2DAYS- avocado egg toast

MID- MORNING- coconut water / 1apple with peanut butter

LUNCH-

2DAYS- egg curry+rice+salad+buttermilk / masala egg salad

2DAYS- 1oats roti+any dal or sabji+salad+buttermilk

2Days- mushroom wrap/ chicken pasta

1day- meal of your choice

EVENING SNACK- cinnamon tea+ roasted makhana / any seasonal fruit

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

Specifications- pre diabetic, borderline cholesterol, symptoms of anemia

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.
16. Only chicken breast are allowed, avoid organ meat, red meat, pork.

