

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 saunf water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- panner sandwich /quinoa upma

2DAYS- 1besan beetroot chilla+amla chutney

3DAYS- sprouts chaat/1glass avocado smoothie

MID- MORNING- 1glass coconut water

LUNCH-

3DAYS- 1bran roti+any sabji or dal+salad+sattu buttermilk

3DAYS- rice+any curry+salad+curd

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+any seasonal fruit /
pomegranate yogurt

DINNER-

3DAYS- soya wrap/sautéed vegetable+boiled kala chana

2DAYS- cucumber corn salad /panner tikka+salad+green chutney

2 DAYS- makhana milk / oats khichdi

BEDTIME- 1cup fennel 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 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.

