

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 warm ghee water

BREAKFAST OPTIONS-

3DAYS- veg. appe+coconut chutney/ ragi upma

2DAYS- 1hummus sandwich [2whole wheat bread]

2DAYS- strawberyy smoothie/ 1 oats pancake

[You can have coffee/milk tea with breakfast]

MID- MORNING- coconut chia seed water+5almonds+2walnuts

LUNCH-

3DAYS- 2bran roti+any sabji+salad+curd

2DAYS- rice+any dal or curry+salald+buttermilk / 1peas
prantha+buttermilk+pickle

1Days- 2kulcha+chole+salad+buttermilk

1Day- meal of your choice

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

DINNER-

2DAYS- makhana milk/ sprouts panner salad

3DAYS- soya bhurji+salad / beetroot kakabs+green chutney

2 DAYS- broccoli salad / barley daliya

BEDTIME- 1cup warm water

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhana
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.