

WEIGHT LOSS DIET

MEAL TIMMINGS-

BREAKFAST- should be max by 10am

MID-MORNING- 12PM

LUNCH- 2:30PM

EVENING SNACK- 5:30PM

DINNER- 8-8:30PM

MORNING DRINK- 1glass jeera seed water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- corn and spinach sandwich / kala chana chaat

3DAYS- 1moong dal palak chilla+green chutney /ragi upma

2DAYS- 3 egg white scramble eggs

[use unsweetened oats or almonds milk]

MID- MORNING- any seasonal fruit/ sattv drink

LUNCH-

3DAYS- 1roti+any dal or sabji+salad+curd [you can use any flour for roti]

2DAYS- rice+any dal or curry+salad+buttermilk

1Days- soya pulao++salad+buttermilk

1Day- meal of your choice

EVENING SNACK- saunf tea/milk tea+roasted makhana / mango chia pudding [1katroi]

DINNER-

3DAYS- whole wheat pasta/ masala egg salad

2DAYS- 1plain dosa+sambhar/1 quinoa chilla+green chutney

2 DAYS- grilled chicken salad /methi dal

BEDTIME- 1cup chamomile 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 ladoo, 1dry fruit ladoo, 1spoon peanut butter,

