

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 kesar tea+5almonds+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- 1glass mango shake+2oats chilla+green chutney [without sugar]

2DAYS- ragi malt+veg. upma / veg. macroni

3DAYS- hung curd sandwich/ overnight oats

MID- MORNING- sattu drink / gond katira shikanji

LUNCH-

3DAYS- 2 bran roti+any sabji or dal+salad+buttermilk

3DAYS- rice+any dal or curry+salad+buttermilk

1Day- meal of your choice

EVENING SNACK- 1cup cinnmaon milk+roasted makhana/ 1apple with peanut butter / 2-3 pcs golgappa / green tea+any seasonal fruit

DINNER-

3DAYS- 1roti+panner sabji+salad/ macroni soup

2DAYS- sauteed vegetable+steamed quinoa

2 DAYS- mushroom wrap+salad / 2plain dosa+sambhar

BEDTIME- 1cup warm water

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.

