

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 lemon water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- 2ragi chilla+green chutney

2DAYS- oats in milk/ veg. macroni

3DAYS- peanut butter banana smoothie/ makhana chaat

MID- MORNING- any seasonal fruit/ gond katira shikanji

LUNCH-

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

2DAYS- rice+any curry+salad+buttermilk

1Day- 2slice wheat pizza

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+popcorn/ cold coffee
[without sugar]

DINNER-

3DAYS- quinoa veggies salad/ soya bhurji+salad

2DAYS- makhana milk/ sprouts dhokla+ green chutney [250gms]

2 DAYS- barley daliya

BEDTIME- 1cup warm water+ chew 2elaichi

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.

