

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 herbal tea+5soaked almonds

BREAKFAST OPTIONS-

2DAYS- French toast

2DAYS- apple nutty smoothie / mango chia pudding

3DAYS- veg, poha/ oats in curd

MID- MORNING- chia seed coconut water/ bhel juice

LUNCH-

3DAYS- 1oats/barley roti+any dal or sabji+salad+buttermilk

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

1Day- meal of your choice

EVENING SNACK- cinnamon tea/milk tea+popcorn

DINNER-

3DAYS- moong dal khichdi+salad/ oats appe+coconut chutney

2DAYS- egg roll/ cucumber corn salad

2 DAYS- grilled chicken salad/ sautéed vegetable+50gms grill tofu

BEDTIME- 1cup cinnamon tea

NOTE- you can take milk tea or coffee with breakfast if required without sugar

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. For sugar cravings you can have 1date/1oats laddoo/1dry fruit laddoo/2pcs dark chocolate/1fruit/1tsp peanut butter
15. Manage your stress and Do some deep breathing at any time of the day.

