

WEIGHT LOSS DIET

MORNING DRINK- 1cup jeera water

BREAKFAST OPTIONS-

2DAYS-2 moong dal toast

2DAYS- 1 bowl muesli with milk

3DAYS- 2 besan chilla

[you can have tea/coffee if required]

MID- MORNING- coconut water

LUNCH-

3DAYS- 1 bowl sprouts chaat

2DAYS- 1 bowl kadhi + 1 rice + 1 salad.

2Day- 1 bran roti + 1 sabzi + salad

EVENING SNACK- milk tea/coffee

1. Makhana

2. Chana
3. Jowar puff

DINNER-

3DAYS- 5 paneer tikka + salad

2DAYS- sprouts dhokla+green chutney/ 2oats chilla+green chutney

2 DAYS- 1 paneer sandwich

BEDTIME- 1cup saunf tea

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.

