

WEIGHT LOSS DIET

MORNING DRINK- 1cup ajwain water

BREAKFAST OPTIONS-

2DAYS- 1 bowl overnight oats

2DAYS- 1 paneer paratha with curd.

3DAYS- 1 bowl poha

[you can have tea/coffee if required]

MID- MORNING- 5 Almonds+ 3 walnuts.

LUNCH-

3DAYS- 1bran roti+any dal or sabji+salad+curd

2DAYS- tofu/ soya curry + rice + salad

2Day- 1 curd sandwich

EVENING SNACK- milk tea/green tea+any seasonal fruit

DINNER-

3DAYS- 1 bowl soup+ sautéed vegetables

2DAYS- 1 sprouts chilla+ salad

2 DAYS- 1 bowl sprout salad

BEDTIME- 1cup turmeric 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.

