

WEIGHT LOSS DIET

MORNING DRINK- 1cup dhaniya jeera water +2brazil nuts
[overnight soak jeera nad dhaniya seeds in water]

BREAKFAST OPTIONS-

2DAYS- overnight oats / fruit custard

2DAYS- quinoa upma[add veggies]

3DAYS- 1peanut butter toast+3egg whites omellete / cucumber sandwich

[yo can have tea/coffee with breakfast] [without sugar]

MID- MORNING- gond katira shikanji / any seasonal fruit

LUNCH- take apple cider vinegar in warm water 30-45 min before dinner

2DAYS- meditareian chicken salad / Mexican salad

2DAYS- 1-2 roti+any sabji or dal+salad+buttermilk

2Day- 1mushroom wrap/ chicken wrap

1Day- meal of your choice

EVENING SNACK- roasted chana+curry leaves tea/ 1glass cold coffee

DINNER-

3DAYS- oats appe+coconut chutney/ sprouts chilla+green chutney

2DAYS- avocado egg salad/ chicken tikka+green chutney

2 DAYS- barley daliya/ maakhana milk

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 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.

