

WEIGHT LOSS DIET

MEAL TIMMINGS-

BREAKFAST- should be max by 10am

MID-MORNING- 12PM

LUNCH- 2:30PM

EVENING SNACK- 5:30PM

DINNER- 8-8:30PM

MORNING DRINK- 1cup saunf water+5almonds soaked

BREAKFAST OPTIONS-

2DAYS- fruit custard/ veg. vermicelli

2DAYS- 1peanut butter toast+1whole egg+1egg white/ 1glass cold coffee smoothie

3DAYS- egg omellete [3egg whites]/ sprouts dahi chaat

MID- MORNING- gond katira shikanji / any seasonal fruit

LUNCH-

3DAYS- rice+any dal or cuury+salad+curd

3DAYS- 1-2roti+any dal or sabji+salad+buutermilk [use any flour to make roti]

1Day- meal of your choice

EVENING SNACK- green tea/milk tea+khakhra / 1apple with peanut butter

DINNER-

3DAYS- sautéed mushroom panner salad / 1veg uttapam+sambhar / egg bhurji+salad

2DAYS- sautéed vegetable+3egg whites / Mexican salad

2 DAYS- moong dal salad / 2jowar chilla+green chutney

BEDTIME- 1cup saunf tea

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhanas

3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel 10. 1 bowl jowar puffs Sweet

Cravings:

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate

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.

