

WEIGHT LOSS DIET

MORNING DRINK-

1 glass of lemon water+ 5 Almonds

BREAKFAST OPTIONS-

2DAYS- 1 chicken sandwich

2DAYS- 1 bowl overnight oats.

3DAYS- 1 beetroot Paratha with curd.

[you can have tea/coffee if required]

MID- MORNING- Any fruit

LUNCH-

3DAYS- 1 mix flour roti + sabji + salad.

2DAYS- 1 Bowl brown rice+ 1 bowl dal + salad

2Day- 1 bowl masoor pulao with raita

EVENING SNACK- milk tea/green tea

1. Makhana
2. Chana
3. Buttermilk

DINNER-

3DAYS- 1 sprouts dosa + sambhar

2DAYS- 2 oats chilla with chutney

2 DAYS- vegetable soup + 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.

