

WEIGHT LOSS DIET

MORNING DRINK- 1cup lemon water

BREAKFAST OPTIONS-

2DAYS- 1 brown bread egg sandwich / overnight oats

2DAYS- 1 dal Paratha with curd

3DAYS- 1 bowl wheat pasta

[you can have tea/coffee if required]

MID- MORNING- coconut water/any seasonal fruit) buttermilk

LUNCH-

3DAYS- 1bran roti + fish curry+ salad

2DAYS- 1 bowl chicken pulao with raita

2Day- 1 curd rice

1Day- meal of your choice

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

DINNER-

3DAYS-1 bowl sprouts salad

2DAYS-1 green moong Doda

2 DAYS- 1 chicken wrap with veggies

BEDTIME- 1cup jeera water

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.

