

WEIGHT LOSS DIET

MORNING DRINK- 1 glass methi water

BREAKFAST OPTIONS-

2DAYS- 2 oats chilla with chutney/ oats meal

2DAYS- 1 egg sandwich/ 1 veg sandwich

3DAYS- 1 bowl poha / rawa upma

[you can have tea/coffee if required]

MID- MORNING- coconut water/ buttermilk

LUNCH-

3DAYS- 1 bowl dal khichdi with curd

2DAYS- egg curry+ 1 roti ,+ dal + salad

2Day- 1 vegetable paratha with curd

1Day- meal of your choice

EVENING SNACK- milk tea/green tea+any seasonal fruit / Almond or walnut

DINNER-

3DAYS- 1 sprouts chilla with chutney

2DAYS- besan dhokla with chutney

2 DAYS- soya pulao with raita

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 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.

