

WEIGHT LOSS DIET

MORNING DRINK- 1cup curry leaves tea+2walnuts soaked

BREAKFAST OPTIONS-

2 DAYS- makhana dahi chaat

2 DAYS- 1 bowl oats chia pudding

2 DAYS- 3 moong dal Idli

[you can have tea/coffee if required]

MID- MORNING- coconut water/any seasonal fruit

LUNCH-

3 DAYS- 1 mix flour roti + curry+ salad

2DAYS- 4 Hara bhara kabab with chutney

1 Day- 1 bowl dal + rice + sabji+ salad

EVENING SNACK- milk tea/green tea

1. Bhel

2. Makhana chaat
3. Murmura

DINNER-

3DAYS- 1 curd sandwich with lot of veggies.

2DAYS- sprouts salad with veggies

1 DAYS- 1 bowl dal khichdi

BEDTIME- 1cup saunf tea

DETOX PLAN

BREAKFAST - 2 OATS TIKKI WITH CURD

LUNCH - QUINOA KHICHDI WITH RAITA

DINNER- 1 GLASS COLD COFFEE

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.

