

WEIGHT LOSS DIET

MEAL TIMMINGS-

BREAKFAST- should be max by 10am

MID-MORNING- 12PM

LUNCH- 2:30PM

EVENING SNACK- 5PM

DINNER- max by 8-8:30PM

MORNING DRINK- 1cup saunf jeera water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- 2ragi chilla+mint chutney

3DAYS- quinoa upma/ mushroom sandwich

2DAYS- overnight oats/ 3egg white scramble eggs+1peanut butter toast

MID- MORNING- any seasonal fruit / 1glass amla beetroot carrot juice

LUNCH-

2DAYS- brown rice+any dal or curry+salad/ burrito bowl

2DAYS- 1oats roti+any dal or sabji+salad+buttermilk

2Days- falafel salad

1day- meal of your choice

EVENING SNACK- cinnamon tea+ roasted makhana / chia seed
lemon water / 1glas cold coffee without sugar

DINNER-

2DAYS- soya chunk salad/ mushroom pepper fry

2DAYS- 1 sprouts dosa+coconut chutney/ sauteed vegetable+3egg
whites

3DAYS- 3-4 pcs sushi / chicken chicken +green chutney / macroni soup

BEDTIME- 1cup saunf tea

Specifications- pre diabetic, borderline cholesterol, symptoms of
anemia

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 banana and sapota are allowed except on detox diets. But you can use banana in smoothies as instructed in the diet.

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.

16. Only chicken breast are allowed, avoid organ meat, red meat, pork.

