

WEIGHT LOSS DIET

MORNING DRINK- 1glass saunf lemon water+2walnuts soaked+5 almonds soaked

BREAKFAST OPTIONS-

2DAYS- mushroom sandwich

2DAYS- quinoa upma / banana peanut butter smoothie

3DAYS- 2 ragi chilla+green chutney/ egg omellete+1hummus toast
[3egg whites]

[use whole wheat or multigrain bread]

MID- MORNING- 1glass coconut chia seed water/ pomegranate yogurt+1tsp pumpkin seeds+1tsp flax seeds

LUNCH-

2DAYS- chicken quinoa salad

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

2Days- falafel salad / rajma salad

1day- meal of your choice

EVENING SNACK- 1apple with peanut butter/ 1glass cold coffee smoothie

DINNER-

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

2DAYS- chicken pasta / soya chunk salad

3DAYS- lentil salad / chicken tikka+green chutney

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 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.

