

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

Early morning: jeera water one glass (soaked overnight)

Breakfast:

2 days: 2 egg paratha paratha + green chutney / beetroot partha

3 days: vegetable juice (beetroot + carrot) / oats smoothie

2 days: Brown bread vegetable sandwich / curd sandwich

Mid-morning: mint and coriander juice (grind mint and coriander leaves add one glass of water black salt and lemon)

Lunch:

2 days: 1 roti + sabji + salad / oats chilla woth chutney

2 days: Saute mix veggies (one bowl)/ paneer chilly

2 day: Vermicelli upma (one bowl)/ paneer oats wrap

1 day: chicken tikka (4-5 pieces) + green chutney

Evening:

Or 1 cup tea + 2 digestive/marie biscuits Or 1 cup roasted chana

Or 1 cup makhana

Or 1 glass of buttermilk

Chia seeds water one glass 15 mins before dinner (one tbsp. soaked in water)

Dinner:

2 days: 4-5 pieces of hara bhara kabab / beetroot kabab

2 days: corn chaat (one bowl)/ sprout salad

2 days: chicken clear soup (on bowl)/ 1 rawa uttapam

1 day: oats khichdi (one bowl)/ chicken salad

Turmeric tea one cup after dinner

ALL THE BEST!!

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk

5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar

puffs Sweet Cravings:

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate

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] avoid adding excess of spices and oil in food.
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. Sugar cravings you can have 1 date, 1 oats laddoo, 1 dry fruit laddoo, 1 spoon peanut butter,

