

Early Morning (after waking up):

1 glass water + 1 tbsp lemon juice + 2-3 Brazil Nuts

Breakfast:

3 days: Hung curd sandwich filling+ 2 whole wheat bread toast / hummus + w pita bread

2 days: Oats chilla (2) +Peanut and tomato chutney (2tbsp) / ghiya besan chilla

2 days: Kanda Poha (1.5 katori) /1 glass oats smoothie

Midmorning: 1 glass buttermilk + 1 fruit

Lunch:

2 days: Fulka (2) mix wheat bran in wheat flour + Vegetable (1 katori) + Salad (1 katori)./ avacoda wrap with salad

2 days: Besan chilla (2) + tomato chutney (2tbsp) / masor pualo wotb raita

3 days: Horsegram/Tur/ Masoor (1 katori) + Boiled rice (1 katori) + Beetroot tadka raita (1 katori) / 5 beetroot tikki with roti

Post lunch: Buttermilk (1 glass)

Evening:

1 bowl fruits + 4 walnuts / Mix – Veg Sandwich (1)

1 teacup green tea

Dinner:

3 days: Boiled moong salad (1 katori)/ beans and lobia salad

2 days: Mix-veg paranthan (2) + Mint & coriander chutney (2tbsp) (1 katori)./ paneer parataha

2 days: Daliya Khichdi (1 katori) + Kadhi (1 katori). / quinoa khichdi

At night (bedtime): Sauf & ajwain warm water (1/4tsp each)

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

ALL THE BEST!!

Snacking and munching options when you feel hungry-

1 bowl Popcorn

1 bowl Makhanas

1 Fruit

1 glass Buttermilk

Nuts- 2 almonds or 3 walnut halves

1 Cucumber (salads)

1 Plain khakhra

1 katori Roasted chana

1 bowl sukha Bhel

1 bowl jowar puffs Sweet Cravings:

1 date

1 fruit

1 dry fruits ladoo

1 oats laddoo

2 pieces of dark chocolate

DOs / DONTs

Should have frequent and small meals.

Have at least 2-3 liters of water a day.

Have at least 7 hours of sleep daily.

Avoid the intake of sweetened drinks like colas, juices, etc.

Avoid adding salad dressing/mayo/any other type of sauces. [Only vinegar dressing is allowed] avoid adding excess of spices and oil in food.

For mid night cravings you can go for any fruit/roasted makhana/chana.

Vegetables - all seasonal vegetables are allowed except arbi. Potato is allowed only once a week.

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.

Oil - Not more than 3-4 Tbsp of oil (including ghee) in a day.

Do not add extra salt in salads, curd, fruit salad. Avoid papad.

Always use low fat milk and its products.

Any form of physical activity like walking, jogging, dancing, yoga etc. for at-least 40 mins for 5 days a week is highly recommended.

Choose multigrain / wheat bread

Limit your sugar intake to not more than 2 tsp a day or avoid it

Manage your stress and Do some deep breathing at any time of the day.

Sugar cravings you can have 1date, 1oats ladoo, 1dry fruit ladoo, 1spoon peanut butter,