

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass jeera lemon water+5almonds soaked

## **BREAKFAST OPTIONS-**

**2DAYS-** veg. masala oats /oats chia pudding with fruits

**2DAYS-** panner sandwich/2sooji veggies chilla

**3DAYS-** veg. upma/1glass banana smoothie/veg. Poha

(You can take milk tea with breakfast)

**MID- MORNING-** any seasonal fruit or coconut water

## **LUNCH-**

**3DAYS-** 2 roti+any dal or sabji+salad+curd/moong dal+rice+salad+curd

**2DAYS-** veg. pulao+curd/1onion roti+any sabji+salad

**1Days-** oats khichdi+curd+salad

**1Day-** meal of your choice

**EVENING SNACK-** green tea/milk tea+bhel or makhana

## **DINNER-**

**2DAYS-** 2idli+sambhar+chutney/ panner tikka+onion salad

**3DAYS-** chickpea yogurt salad/stir fried rajma salad /soya bhurji+salad

**2 DAYS-** milk daliya/ **sweet** potato salad

**BEDTIME-** 1cup fennel tea [optional]

## **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.



