

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass ash gourd juice+2spoons seed mix

## **BREAKFAST OPTIONS-**

**2DAYS-** overnight soaked oats/veg. poha

**2DAYS-** 2peanut butter toast/mushroom spinach sandwich

**3DAYS-** egg omellete/mix fruit yogurt salad/1glass cold coffee smoothie

**MID- MORNING-** 1glass chia seed lemon water+any seasonal fruit

## **LUNCH-**

**2DAYS-** 2oats/wheat bran roti+any dal or sabji+salad+buttermilk

**2DAYS-** rice+chicken curry+salad/rice+sambhar+salad

**2Days-** 1egg roll+salad

**1Day-** meal of your choice

**EVENING SNACK-** green tea/coffee/milk tea with 1bowl chana

## **DINNER-**

**3DAYS-** roasted chicken salad /sprouts dhokla [250gms]

**2DAYS-** panner bhurji+salad /lentil soup+ 1bowl sweet potato

**2 DAYS-** stir fried mushroom egg salad/avocado bean salad

**BEDTIME-** 1cup jeera 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]
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. For sugar cravings you can have 1date/1oats laddoo/1dry fruit laddoo/2pcs dark chocolate/1fruit/1tsp peanut butter
15. Manage your stress and Do some deep breathing at any time of the day.

