

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass green juice [cucumber, celery,mint] or cinnamon lemon water+5almonds soaked

## **BREAKFAST OPTIONS-**

**2DAYS-** chia seed pudding [use any plant based milk]/masala oats

**2DAYS-** hung curd sandwich+green chutney/2ragi beetroot chilla+green chutney

**3DAYS-** French toast/scramble eggs

**MID- MORNING-** any seasonal fruit

## **LUNCH-**

**3DAYS-** 2wheat bran roti+any sabji or dal+salad

**2DAYS-** veg. khichdi+salad/1avocado wrap

**1Day-** kala chana curry+rice+salad

**1Day-** meal of your choice

**EVENING SNACK-** green tea/herbal tea+makhana

## **DINNER-**

**3DAYS-** avocado egg salad/stir fried tofu salad /peanut butter sandwich

**2DAYS-** sprouts dahi chaat /lentil soup

**2 DAYS-** lemon coriander soup/steamed veggies+1boiled egg

**BEDTIME-** 1cup fennel 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 are allowed.
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.

