

# WEIGHT LOSS DIET

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

## BREAKFAST OPTIONS-

**2DAYS-** 1bowl muesli/chia seed pudding

**2DAYS-** veg. upma /1oats gheeya chilla+green chutney

**3DAYS-** 2sunny side up/scramble eggs with veggies

**MID- MORNING-** 1glass ABC juice /any seasonal fruit

## LUNCH-

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

**2DAYS-** rice+any curry or dal+buttermilk+salad /quinoa pulao+curd+salad

**1Day-** 1panner wrap+salad/1chicken wrap+salad

**1Day-** meal of your choice

**EVENING SNACK-** green tea/lemon ginger tea with 1apple with peanut butter or makhana

## DINNER-

**3DAYS-** egg burji with veggies/sautéed mushroom corn salad/veg. khichdi

**2DAYS-** moong dal salad/quinoa veggie salad

**2 DAYS-** grilled chicken salad/whole wheat pasta

**BEDTIME-** 1cup chamomile tea

### **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]
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.

