

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass aloe vera, mint, beetroot juice/black pepper lemon water+5soaked almonds

## **BREAKFAST OPTIONS-**

**2DAYS-** sprouts dahi chat/fruit custard

**2DAYS-** masala oats with veggies/2 scramble eggs with 1multigrain bread

**3DAYS-** hung curd sandwich/ egg omellete

**MID- MORNING-** chia seed water+makhana

**LUNCH-** take apple cider vinegar in warm water 30-45 min before dinner

**3DAYS-** moong dal salad/roquet salad

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

**1Day-** chicken pulao+salad

**1Day-** meal of your choice

**EVENING SNACK-** 1aapple with peanut butter+green tea/cinnamon tea+popcorn

**DINNER-**

**3DAYS-** 250gms sprouts dhokla/veg. daliya

**2DAYS-** avocado salad/egg bhurji+salad

**2 DAYS-** 1bowl pumpkin soup+sweet potato salad/waldrof salad

**BEDTIME-** 1cup green 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 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.

