

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass cinnamon lemon water+2spoon seed mix

## **BREAKFAST OPTIONS-**

**3DAYS-** veg. macroni/overnight oats with fruits

**2DAYS-** 2moong dal chilla+chutney/hung curd sandwich

**2DAYS-** oats upma/1glass makhana smoothie

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

## **LUNCH-**

**3DAYS-** 2barley roti+any dal or sabji+salad+curd

**2DAYS-** rice+palak curry+salad /rice+moong dal+salad

**1Day-** 2idli+sambhar

**1Day-** meal of your choice

**EVENING SNACK-** green tea/milk tea with bhel

## **DINNER-**

**3DAYS-** lentil salad/milk daliya

**2DAYS-** 250gms sprouts dhokla/panner tikka+salad

**2 DAYS-** poha cutlet+green chutney/spinach tomato soup+30gms panner

**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 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.



