

# WEIGHT LOSS DIET

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

## **BREAKFAST OPTIONS-**

**2DAYS-** 2suuny side up/veg. poha

**2DAYS-** avocado sandwich/foxnut pudding

**3DAYS-** sprouts dahi chaat/1bowl sugar free custard

**MID- MORNING-** 1apple with peanut butter/any seasonal fruit

## **LUNCH-**

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

**2DAYS-** bajra khichdi/palak kadi+rice+salad

**1Days-** panner bhurji+salad

**1Day-** meal of your choice

**EVENING SNACK-** 1cup cinnamon tea+makhana

## **DINNER-**

**2DAYS-** 1dosa+sambhar/panner tikka+salad

**3DAYS-** Mexican salad/grilled chicken salad

**2 DAYS-** besan sheera /boiled lentil salad

**BEDTIME-** 1cup fennel 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] avoid adding excess of spices and oil in food.
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.

