

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass chia seed lemon water+5almonds soaked

## **BREAKFAST OPTIONS-**

**3DAYS-** masala oats/2sooji beetroot chilla+chutney

**2DAYS-** vermicelli with lots of veggies/onion cucumber sandwich

**2DAYS-** 2sunny side up+1bread toast/1glass cold coffee smoothie

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

## **LUNCH-**

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

**2DAYS-** egg curry/lobia curry+rice+salad

**1Day-** 1subway/2slice wheat pizza

**1Day-** meal of your choice

**EVENING SNACK-** herbal tea/milk tea+any seasonal fruit

## **DINNER-**

**3DAYS-** grilled chicken salad/boiled egg salad/250gms dhokla

**2DAYS-** sweet corn soup/whole wheat noodles

**2 DAYS-** moong dal idli+green chutney/kala chana salad

**BEDTIME-** 1cup turmeric 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 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.

