

# WEIGHT LOSS DIET

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

## **BREAKFAST OPTIONS-**

**3DAYS-** 1glass cold coffee smoothie/ chia seed pudding  
/oats upma

**2DAYS-** 2besan chilla+chutney/moong dal  
chilla+chutney

**2DAYS-** egg omellete /2scramble eggs+1bread toast

[You can have coffee/milk tea with breakfast]

**MID- MORNING-** any 1 seasonal fruit/coconut water

## **LUNCH-**

**2DAYS-** 2 onion stuff roti+curd+salad/ whole wheat pasta

**1DAYS-** veg. pulao+salad/rice+palak kadi+salad

**3Days-** 2oats/wheat bran roti+any sabji or dal+salad

**1Day-** meal of your choice

**EVENING SNACK-** green tea/milk tea/curry patta tea with 1bowl  
roasted makhana

## **DINNER-**

**3DAYS-** sautéed vegetables+dal soup/veg. daliya

**2DAYS-** chickpea salad/stir fried chicken salad/kala chana salad

**2 DAYS-** 2idli+sambhar/ 250gms sprouts dhokla

**BEDTIME-** 1cup cinnamon 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.