

# WEIGHT LOSS DIET

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

## **BREAKFAST OPTIONS-**

**2DAYS-** cucumber onion sandwich/oats upma

**2DAYS-** chia seed pudding/sugar free custard

**3DAYS-** veg. macroni/1glass smoothie [from my page]

**MID- MORNING-** any seasonal fruit/1glass barley water

## **LUNCH-**

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

**2DAYS-** veg. pulao+curd+salad/palak kadi+rice+salad

**1Days-** whole wheat noodles

**1Day-** meal of your choice

**EVENING SNACK-** turmeric tea/milk tea+30gms mix seeds

## **DINNER-**

**2DAYS-** panner tikka+salad /besan sheera

**3DAYS-** chickpea veggie salad/milk daliya

**2 DAYS-** tomato soup+sweet potato chaat/overnight oats

**BEDTIME-** 1cup chamomile tea [optional]

## **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] 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.



