

# WEIGHT LOSS DIET

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

## BREAKFAST OPTIONS-

**2DAYS-** veg. sandwich/1besan toast+green chutney

**2DAYS-** 1glass smoothie from my page

**3DAYS-** 2scramble eggs/quinoa upma

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

## LUNCH-

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

**2DAYS-** chicken curry+rice+salad+buttermilk/2slice wheat pizza

**1Days-** panner bhurji+salad /1panner wrap

**1Day-** meal of your choice

**EVENING SNACK-** 1cup green tea/milk tea with 1small bowl popcorn

## DINNER-

**2DAYS-** boiled egg salad/ chicken tikka+salad

**3DAYS-** milk daliya/moong dal idli+coconut chutney

**2 DAYS-** rajma veggies salad/sweet corn soup+2egg whites

**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.