

# WEIGHT LOSS DIET

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

## **BREAKFAST OPTIONS-**

**2DAYS-** 2scramble eggs +bread toast/veg. macroni

**2DAYS-** 1glass smoothie [from my page]/bread omellte

**3DAYS-** oats upma /Maggie with lots of veggies

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

## **LUNCH-**

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

**2DAYS-** chicken biryani+curd+salad/veg. pulao+salad+curd

**2Days-** 2slice wheat pizza

**1Day-** meal of your choice

**EVENING SNACK-** green tea/coffee/milk tea with 1bowl foxnuts

## **DINNER-**

**3DAYS-** chicken tikka+salad/2high protein chilla+green chutney

**2DAYS-** sautéed vegetable+dal soup/egg bhurji+salad

**2 DAYS-** stir fried kala chana salad/pasta panner salad

**BEDTIME-** 1cup jeera 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]
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. For sugar cravings you can have 1date/1oats laddoo/1dry fruit laddoo/2pcs dark chocolate/1fruit/1tsp peanut butter

15. Manage your stress and Do some deep breathing at any time of the day.

