

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass saunf hing water+5almonds soaked

## **BREAKFAST OPTIONS-**

**2DAYS-** veg. poha/2sooji beetroot chilla

**2DAYS-** oats upma/overnight soaked oats

**3DAYS-** 1glass smoothie from my page/panner sandwich

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

## **LUNCH-**

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

**2DAYS-** veg. pulao+curd+salad/moong dal+rice+curd+salad

**1Day-** 2slice wheat pizza

**1Day-** meal of your choice

**EVENING SNACK-** green tea/herbal tea+makhana

## **DINNER-**

**3DAYS-** soya bhurji+salad/1bowl sweet corn soup

**2DAYS-** sugar free fruit custard/lemon coriander soup+30gms panner

**2 DAYS-** 1rice dosa+sambhar /milk daliya

**BEDTIME-** 1cup ajwain water

**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 are allowed.
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.

