

# WEIGHT LOSS DIET

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

## BREAKFAST OPTIONS-

**2DAYS-** masala oats/sooji beetroot chilla+green chutney

**2DAYS-** Maggie with lots of veggies /1glass smoothie from my page

**3DAYS-** cucumber onion sandwich/sprouts dahi chaat

(You can take tea/coffee with breakfast)

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

## LUNCH-

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

**2DAYS-** 1plain+sambhar/chole+rice+salad

**1Days-** 2whole wheat pizza

**1Day-** meal of your choice

**EVENING SNACK-** turmeric tea/milk tea+bhel

**DINNER-**

**2DAYS-** sweet potato chaat/1bowl bhel puri

**3DAYS-** moong dal salad/ragi upma

**2 DAYS-** hara bhara kakab+green chutney/panner tikka+salad

**BEDTIME-** 1cup saunf tea

**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.



