

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass ash gourd juice/jeera lemon water+2spoon mix seeds

## **BREAKFAST OPTIONS-**

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

**2DAYS-** masala oats with lots of veggies/millet upma

**3DAYS-** hung curd sandwich/1boiled egg+2egg whites/moong dal chilla with veggies

**MID- MORNING-** coconut water

## **LUNCH-**

**3DAYS-** green moong dal khichdi+curd/kala chana curry+rice+salad+buttermilk

**2DAYS-** 2palak stuff roti+any dal+salad+curd

**1Day-** 1chicken roll+salad

**1Day-** meal of your choice

**EVENING SNACK-** green tea+any seasonal fruit

## **DINNER-**

**3DAYS-** boiled lentil salad/lemon coriander soup+30gms panner

**2DAYS-**bread omellete/grilled chicken salad

**2 DAYS-** steamed quinoa+sambhar/besan sheera/chickpea yogurt salad

**BEDTIME-** 1cup cinnamon tea

### **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.

