

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass cucumber spinach mint juice +5soaked almonds

## **BREAKFAST OPTIONS-**

**2DAYS-** makhana dahi chaat/ egg omellete

**2DAYS-** veg. macroni/panner sandwich

**3DAYS-** masala oats with lots of veggies/2moong dal chilla

**MID- MORNING-** any seasonal fruit

## **LUNCH-**

**2DAYS-** chicken biryani+curd+salad

**3DAYS-** 2bajra/jowarroti+any dal+salad+curd

**1Day-** 2kulcha+chole+salad

**1Day-** meal of your choice

**EVENING SNACK-** green tea/ajwain tea+popcorn

## **DINNER-**

**3DAYS-** roasted chicken salad/2slice wheat pizza

**2DAYS-** 1boiled egg+3egg whites/1veg. uttapam+sambhar

**2 DAYS-** monng dal salad/sautéed vegetables+30gms panner

**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]
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.

