

# WEIGHT LOSS DIET

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

## **BREAKFAST OPTIONS-**

**3DAYS-** 1bajra roti+any sabji+curd/barley upma with lots of veggies

**2DAYS-** 2carrot uttapams +chutney/1glass cold coffee smoothie

**2DAYS-** oats with curd/2peanut butter toast

**MID- MORNING-** 1glass ABC juice/chia seed lemon water

## **LUNCH-**

**3DAYS-** 1makki/ragi roti+any sabji or dal+salad+curd

**2DAYS-** moong dal idli+coconut chutney/soyabean wrap

**2Days-** 2oats veggies chilla+green chutney

**EVENING SNACK-** milk tea/orange peel tea+makhana

## **DINNER-**

**2DAYS-** mix veg sabji+sprouts/panner bhurji

**2DAYS-** whole wheat pasta/milk daliya

**3DAYS-** 1subway/tofu sandwich/steamed quinoa+sautéed vegetables

**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 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.

