

# WEIGHT LOSS DIET

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

## **BREAKFAST OPTIONS-**

**2DAYS-** masala oats with lot of veggies/1makki roti+any green vegetable

**2DAYS-** chia seed pudding /milk daliya

**3DAYS-** hung curd sandwich/1besan toast+green chutney

**MID- MORNING-** coconut water /1glass ash gourd juice

## **LUNCH-**

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

**2DAYS-** 1rajma wrap/palak kadi+rice+salad

**1Day-** 1subway

**1Day-** meal of your choice

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

## **DINNER-**

**3DAYS-** moong dal idli+coconut chutney/methi dal

**2DAYS-** mix veg sabji+sprouts/quinoa panner salad

**2 DAYS-** makhana chaat/sweet potato chaat

**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.

