

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass methi seed water+2spoon seed mix

## **BREAKFAST OPTIONS-**

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

**2DAYS-** hung curd sandwich/1bajra onion roti+any green vegetable

**3DAYS-** makhana pudding/Maggie with lots of veggies

(You can take milk tea with breakfast)

**MID- MORNING-** any seasonal fruit/1glass ash gourd juice

## **LUNCH-**

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

**2DAYS-** panner roll/ quinoa pulao+curd+salad

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

**1Day-** meal of your choice

## **EVENING SNACK- green tea+milk tea+popcorn**

### **DINNER-**

**2DAYS-** methi dal/250gms sprouts dhokla

**3DAYS-** 1veg. uttapam+sambhar/dal palak soup

**2 DAYS-** hummus sandwich/sautéed corn panner salad

**BEDTIME-** 1cup chamomile tea

### **Snacking and munching options when you feel hungry-**

1. 1 bowl Popcorn
2. 1 bowl Makhana
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. For sugar cravings you can have 1 date/2pcs of dark chocolate/1oats laddoo/1dry fruit laddoo/1fruit.
16. Manage your stress and Do some deep breathing at any time of the day.



