

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass flax seed water+5soaked almonds

## **BREAKFAST OPTIONS-**

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

**2DAYS-** Maggie with lot of veggies/masala oats

**3DAYS-** sprouts dahi chaat/makhana chaat

[use any plant based milk]

**MID- MORNING-** any seasonal fruit

## **LUNCH-**

**2DAYS-** palak kadi+rice+salad/quinoa pulao+salad

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

**1Day-** whole wheat pasta

**1Day-** meal of your choice

**EVENING SNACK-** green tea/milk tea+chana

## **DINNER-**

**3DAYS-** Mexican soup/sweet corn soup

**2DAYS-** sautéed tofu salad/boiled chickpea salad

**2 DAYS-** besan sheera/hara bhara kabab

**BEDTIME-** 1cup fennel 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.

