

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass cinnamon lemon water+5soaked almonds

## **BREAKFAST OPTIONS-**

**2DAYS-** chia seed pudding/chocolate smoothie

**2DAYS-** masala oats with veggies/2 scramble eggs with 1multigrain bread [egg whites]

**3DAYS-** avocado sandwich/ egg omellete

**MID- MORNING-** any seasonal fruit

**LUNCH-** take apple cider vinegar in warm water 30-45 min before dinner

**3DAYS-** Mexican salad/eg curry+rice+salad

**2DAYS-** hummus with pita bread /chicken rice+salad

**1Day-** burrito bowl

**1Day-** meal of your choice

**EVENING SNACK-** 1aapple with peanut butter+green tea/cinnamon tea+popcorn

**DINNER-**

**3DAYS-** hummus sandwich/quinoa veggies salad

**2DAYS-** avocado salad/oats omellete

**2 DAYS-** 1bowl lentil soup /waldrof salad

**BEDTIME-** 1cup green 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.

