

# WEIGHT LOSS DIET

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

## **BREAKFAST OPTIONS-**

**2DAYS-** 2oats chilla with veggies /masala oats

**2DAYS-** veg. poha/grilled sandwich

**3DAYS-** sprouts chaat/hung curd sandwich

**[you can have tea/coffee with breakfast]**

**MID- MORNING-**1glass coconut water/barley water

## **LUNCH-**

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

**2DAYS-** quinoa pulao+curd+salad

**1Days-** 1bajra raddish roti+any green sabji

**1Day-** meal of your choice

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

## **DINNER-**

**2DAYS-** besan sheera /sautéed panner with veggies

**3DAYS-** vegetable soup/1bowl chia seed pudding/ milk daliya

**2 DAYS-** 1glass coconut dates milk/chocolate smoothie

**BEDTIME-** 1cup turmeric /tea

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

1. 1 bowl Popcorn
2. 1 bowl Makhanas
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. Manage your stress and Do some deep breathing at any time of the day.

16. Sugar cravings you can have 1 date, 1 oats ladoo, 1 dry fruit ladoo, 1 spoon peanut butter,



