

# WEIGHT LOSS DIET

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

## **BREAKFAST OPTIONS-**

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

**2DAYS-** oats omellete /corn and spinach sandwich

**3DAYS-** 1glass smoothie from my page

**MID- MORNING-** any seasonal fruit

## **LUNCH-**

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

**2DAYS-** soya curry+rice+salad/quinoa pulao+salad+curd

**1Days-** Maggie with lot of veggies

**1Day-** meal of your choice

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

## **DINNER-**

**3DAYS-** poha cutlet/1bread pizza

**2DAYS-** panner tikka+onion salad/veg. soup+2egg whites

**2 DAYS-** hara bhara kakab/mexcian soup

**BEDTIME-** 1cup chamomile tea

NOTE- you can take milk tea or coffee with breakfast if required

### **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. For sugar cravings you can have 1date/1oats ladoo/1dry fruit ladoo/2pcs dark chocolate/1fruit/1tsp peanut butter
15. Manage your stress and Do some deep breathing at any time of the day.

