

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass tulsi leaves water+2walnuts soaked

## **BREAKFAST OPTIONS-**

**3DAYS-** hummus sandwich/hung curd sandwich

**2DAYS-** makhana milk

Roasted makhana

Simple almonds 4-5

2 cashews

Grinded coconut

2 dates

Blend and put this mixture in hot milk. Give it a boil and enjoy the milk

**2DAYS-** milk daliya /fruit bowl with 30gms seed mix

**MID- MORNING-** 1glass ABC juice

## **LUNCH-**

**3DAYS-** 1makki roti+any dal or sabji+salad

**2DAYS-** soya wrap/palak kadi+rice+salad

**2Days-** 1besan onion roti+carrot peas sabji+curd

**EVENING SNACK-** beetroot tea+chana

**DINNER-**

**3DAYS-** poha cutlet+green chutney/gheeya kheer

**2DAYS-** 1bowl veg thai curry/hara bhara kakab

**2 DAYS-** pumpkin soup+30gms panner /veg.  
uttapam+sambhar

**BEDTIME-** 1cup cinnamon 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.

