

# WEIGHT LOSS DIET

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

## **BREAKFAST OPTIONS-**

**2DAYS-** veg. upma/panner sandwich

**2DAYS-** overnight soaked oats

**3DAYS-** veg. grilled sandwich/1besan chilla with veggies

[you can take milk tea/coffee with breakfast]

**MID- MORNING-** any seasonal fruit

## **LUNCH-**

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

**2DAYS-** veg. pulao+salad+curd/moong dal+rice+salad

**1Days-** veg khichdi+curd

**1Day-** meal of your choice

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

## **DINNER-**

**2DAYS-** rajma veggies salad/1glass 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

**3DAYS-** kala chana salad/sprouts salad /chocolate smoothie

**2 DAYS-** sautéed vegetable /milk daliya

**BEDTIME-** 1cup chamomile tea [optional]

### **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.

