

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup kesar tea

## **BREAKFAST OPTIONS-**

**2DAYS-** quinoa upma/1 makki roti+saag

**2DAYS-** cold coffee smoothie /corn and spinach sandwich

**3DAYS-** chocolate smoothie/1besan toast+green chutney

**MID- MORNING-** green tea+30gms seed mix

## **LUNCH-**

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

**2DAYS-** rice+sambhar/lobia curry+rice+salad

**1Days-** 1subway /masoor dal wrap

**1Day-** meal of your choice

**EVENING SNACK-** cinnmaon tea/milk tea+any seasonal fruit

## **DINNER-**

**2DAYS-** lentil soup /Mexican soup

**3DAYS-** panner cabbage salad/makhana chaat

**2 DAYS-** chia seed pudding/mushroom pepper fry

**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.

