

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass moringa water +2walnuts soaked

## **BREAKFAST OPTIONS-**

**3DAYS-** boiled egg sandwich/ 2masoor dal chilla

**2DAYS-** 2avocado toast/ragi upma

**2DAYS-** makhana milk /beetroot besan chilla

**MID- MORNING-**any seasonal fruit

## **LUNCH-**

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

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

**1Days-** 1burrito bowl

**1Day-** meal of your choice

**EVENING SNACK-** herbal tea+makhana

## **DINNER-**

**3DAYS-** rago soup/masala idli

**2DAYS-** roasted chicken salad/avocado egg salad

**2 DAYS-** carrot kheer/boiled potato chaat

**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]
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.

Non-veg food are allowed twice a week, avoid red meat [you can go for chicken breast, egg whites and fish.]

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.

