

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass carrot cucumber juice

## **BREAKFAST OPTIONS-**

**2DAYS-** masala chana sandwich

**2DAYS-** 1glass hot milk+1katori panjiri

**3DAYS-** 2 sooji besan chila/grilled panner chaat

[use any plant based milk]

**MID- MORNING-** any seasonal fruit

## **LUNCH-**

**2DAYS-** 1onion roti+any sabji+bhathua raita

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

**1Day-** palak dal +rice +salad

**1Day-** meal of your choice

**EVENING SNACK-** green tea/milk tea+30gm seed mix /1proiten bar [once or twice in week]

## **DINNER-**

**3DAYS-** mushroom soup/1glass gulkand shake

**2DAYS-** stir fry pasta panner salad /rajma tikki+salad

**2 DAYS-** carrot kheer

**BEDTIME-** 1cup fennel 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 are allowed.
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.

