

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass tulsi leaves tea +5almonds soaked

## **BREAKFAST OPTIONS-**

**2DAYS-** 2 peanut butter toast/boiled sprouts chaat

**2DAYS-** panner sandwich [2slice wheat bread]/makhana milk

**3DAYS-** veg. macroni/ragi upma

**MID- MORNING-** any seasonal fruit

**LUNCH-** take apple cider vinegar in warm water 1hr before lunch

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

**2DAYS-** bajra.khichdi+salad/1beetroot panner prantha+pickle

**1Day-** egg roll

**1Day-** meal of your choice

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

## **DINNER-**

**3DAYS-** sautéed chicken salad/hara bhara kakab+green chutney

**2DAYS-** hot and sour soup+2egg whites /masala egg salad

**2 DAYS-** dry fruit kheer/panner cabbage salad

**BEDTIME-** 1cup green 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.

