

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass flax seed water+2walnuts soaked

## **BREAKFAST OPTIONS-**

**2DAYS-** hung curd sandwich/mix fruit bowl+30gm mix seeds

**2DAYS-** 1glass chocolate smoothie/chia seed pudding

**3DAYS-** dry fruit shake/1bajra onion roti+any green vegetable

[you can take coffee/milk tea with breakfast]

**MID- MORNING-** 1glass barley water/any seasonal fruit

## **LUNCH-**

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

**2DAYS-** palak kadi+rice+salad /sprouts pulao+curd+salad

**1Day-** 1 spinach wrap

**1Day-** meal of your choice

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

## **DINNER-**

**3DAYS-** sautéed panner salad/palak dal soup

**2DAYS-** ragi upma/soya chunk salad

**2 DAYS-**kala chana salad/250gms dhokla+green chutney

**BEDTIME-** 1cup ginger 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.

