

# WEIGHT LOSS DIET

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

## **BREAKFAST OPTIONS-**

**2DAYS-** 1besan gheeya chilla+amla chutney /1glass dry fruit shake

**2DAYS-** scramble eggs [2egg whites]/ oats omellete

**3DAYS-** chickpea sandwich/panner beetroot sandwich [2slice wheat bread]

[you can take coffee/milk tea with breakfast]

**MID- MORNING-** 1glass carrot amla juice /coconut water

## **LUNCH-**

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

**2DAYS-** lobia curry+rice+salad/veg. daliya+curd

**1Day-** 1masoor dal wrap

**1Day-** meal of your choice

**EVENING SNACK-** green tea/milk tea+popcorn /1protein bar once or twice a week

## **DINNER-**

**3DAYS-** roasted chicken salad/mushroom pepper fry

**2DAYS-** soya kakab+green chutney /1 sprouts dosa+sambhar

**2 DAYS-**chicken soup/hot and sour soup

**BEDTIME-** 1cup saunf 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.

