

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup cinnamon ginger tea

## **BREAKFAST OPTIONS-**

**2DAYS-** chickpea sandwich

**2DAYS-** 2ragi chilla+amla chutney/veg. vermicelli

**3DAYS-** veg. macroni/dry fruit shake [use plant based milk]

**MID- MORNING-** any seasonal fruit /carrot amla juice

## **LUNCH-**

**3DAYS-** 1bajra roti+anydal or sabji+salad

**2DAYS-** sprouts pulao+salad /1moong dal prantha+any sabji

**1Day-** 1spianch wrap

**1Day-** meal of your choice

**EVENING SNACK-** lemon grass tea/green tea+chana /1protein bar  
[once- twice a week]

## **DINNER-**

**3DAYS-** 1bowl gheeya chana dal/chickpea tikki+green chutney

**2DAYS-** 1bowl **bhel puri/** ragi soup

**2 DAYS-** 1plain dosa+sambhar / oats appe+coconut chutney

**BEDTIME-** 1cup ajwain tea

### **Snacking and munching options when you feel hungry-**

1. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar puffs

### **Sweet Cravings:**

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate

### **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.

