

# WEIGHT LOSS DIET

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

## BREAKFAST OPTIONS-

**3DAYS-** scramble eggs [3egg whites]/oats omellete

**2DAYS-** veg. grilled sandwich [2slice wheat bread]/rava upma with veggies

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

**MID- MORNING-** any seasonal fruit/1apple with peanut butter

## LUNCH-

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

**2DAYS-** 1methi roti+any dal+salad

**1Days-** 1 bowl chicken pasta

**1Day-** meal of your choice

**EVENING SNACK-** lemon grass tea/milk tea+chana

## DINNER-

**3DAYS-** masala egg salad [3egg whites] /100gms grilled chicken with sautéed vegetable

**2DAYS-** hot and sour soup/carrot kheer

**2 DAYS-** methi dal/panner cabbage salad

**BEDTIME-** 1cup cinnamon tea [optional]

### **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.

