

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup turmeric tea+5soaked almonds

## **BREAKFAST OPTIONS-**

**2DAYS-** oats omellete

**2DAYS-** panner sandwich [2slice wheat bread]/veg poha

**3DAYS-** 2moong dal chilla+green chutney/veg. upma with veggies

**[you can take milk tea or coffee with breakfast]**

**MID- MORNING-** any seasonal fruit+30gms seed mix

## **LUNCH-**

**3DAYS-** 1jowar/multigrain atta roti+any sabji or dal+salad+curd

**2DAYS-** sprouts pulao+salad+vegetable raita /brown rice+lobia cuury+salad

**1Days-** 5pcs wheat momos/chicken wrap

**1Day-** meal of your choice

**EVENING SNACK-** green tea/milk tea + roasted makhana

## **DINNER-**

**2DAYS-** veg. soup+3egg whites /1veg uttapam+sambhar

**3DAYS-** sautéed chicken salad/panner+sautéed vegetable

**2 DAYS-** kala chana salad /quinoa veggies salad

**BEDTIME-** 1cup jeera 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] avoid adding excess of spices and oil in food.
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.



