

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup flax seed water+5almonds soaked

## **BREAKFAST OPTIONS-**

**2DAYS-** oats upma /1glass hot milk+1katori panjiri

**2DAYS-** 2moong dal chilla+green chutney/veg.vermicelli

**3DAYS-** corn and spinach sandwich/1bajra raddish roti+any sabji

**(You can take milk tea or coffee in breakfast)**

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

## **LUNCH-**

**3DAYS-** sprouts pulao+vegetable raita+salad/ rice+any dal or curry+salad

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

**1Day-** meal of your choice

**EVENING SNACK-** green tea/milk tea +30gms seed mix

## **DINNER-**

**2DAYS-** rajma tikka+onion salad/1veg. uttapam+coconut chutney

**3DAYS-** sautéed soya chunk salad/milk daliya

**2 DAYS-** boiled chickpea salad/vegetable khichdi

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

## **Snacking and munching options when you feel hungry- (If are choosing any of these mention**

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: (If are choosing any of these mentioned things, apart from the diet suggested let me know)**

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.



