

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup shatavari tea

## **BREAKFAST OPTIONS-**

**2DAYS-** panner beetroot sandwich/[2egg whites] scramble egg

**2DAYS-** dry fruit shake/avocado smoothie

**3DAYS-** 2ragi chilla with veggies/1besan onion roti+any sabji

**MID- MORNING-** chia seed lemon water

## **LUNCH-**

**3DAYS-** 2multigrain roti+any dal or sabji+salad

**2DAYS-** soya pulao+salad/egg bhurji+rice+salad

**1Days-** veg. khichdi+beetroot raita+salad

**1Day-** meal of your choice

**EVENING SNACK-** 1cup green tea/milk tea +any seasonal fruit

## **DINNER-**

**2DAYS-** Egyptian egg salad/1 avocado wrap

**3DAYS-** sautéed tofu salad/1qunioa chilla+amla chutney

**2 DAYS-** sprouts dosa+sambhar/chicken soup+sautéed vegetable

**BEDTIME-** 1cup chamomile 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] 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.

