

# WEIGHT LOSS DIET

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

## **BREAKFAST OPTIONS-**

**2DAYS-** dry fruit shake/boiled egg sandwich

**2DAYS-** oats in milk/sweet potato chaat

**3DAYS-** panner sandwich/veg. poha

**MID- MORNING-** coconut water+30gms seed mix

## **LUNCH-**

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

**2DAYS-** 1methi roti+matar panner sabji+salad /rice+egg curry+salad

**1Day-** 2slice whole wheat pizza

**1Day-** meal of your choice

**EVENING SNACK-** shatavari tea/green tea+any seasonal fruit

## **DINNER-**

**3DAYS-** chickpea salad/panner tikka+green chutney+onion salad

**2DAYS-** moong dal idli+coconut chutney/ 1subway

**2 DAYS-** Mexican soup/veg soup+3egg whites

**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]
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.

