

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass ginger lemon water

## **BREAKFAST OPTIONS-**

**3DAYS-** 1makki roti+saag/quinoa upma with lots of veggies

**2DAYS-** oats omellete/1glass chocolate smoothie

**2DAYS-** oats with curd/2peanut butter toast+1apple

**MID- MORNING-** 1glass cucumber mint juice+2spoon seed mix

## **LUNCH-**

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

**2DAYS-** sautéed sprouts salad /palak corn sabji

**1Days-** oats chocolate pancake

**1Day-** meal of your choice

**EVENING SNACK-** herbal tea+any seasonal fruit

## **DINNER-**

**3DAYS-** avocado wrap/panner bhurji

**2DAYS-** mushroom pepper fry/soya kakab+green chutney

**2 DAYS-** 1subway/Mexican soup/steamed quinoa+sautéed vegetables

**BEDTIME-** 1cup cinnamon 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]
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.



