

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup tej patta kesar tea

## **BREAKFAST OPTIONS-**

**2DAYS-** dry fruit shake [plant based milk]/oats in milk

**2DAYS-** masala omellete

**3DAYS-** veg. poha/sprouts dahi chaat

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

**LUNCH-** have apple cider vinegar 1hr before lunch [add 1spoon ACV in warm water]

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

**2DAYS-** sprouts pulao+salad /palak kadi+rice+salad

**1Day-** Mexican roll

**1Day-** meal of your choice

**EVENING SNACK-** milk tea/turmeric tea+chana

## **DINNER-**

**3DAYS-** chickpea tikki+green chutney/ragi soup

**2DAYS-** 250gms dhokla/1bowl bhel puri

**2 DAYS-** 1oats pancake/carrot uttapam

**BEDTIME-** 1cup fennel 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 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.

