

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass flax seed water+30gms seed mix

## **BREAKFAST OPTIONS-**

**2DAYS-** coconut date smoothie/veg. vermicelli

**2DAYS-** 2egg white scramble eggs /mix fruit chia pudding

**3DAYS-** corn and spinach sandwich [2slice wheat bread]/quinoa upma  
[you can have tea/coffee with breakfast]

**MID- MORNING-** 1bowl makhana

## **LUNCH-**

**3DAYS-** 1multigrain roti+anydal or sabji+curd+salad

**2DAYS-** 1methi roti+panner sabji/mushroom matar sabji+salad

**1Day-** egg roll

**1Day-** meal of your choice

**EVENING SNACK-** green tea/milk tea+any seasonal fruit /1 protein bar [once or twice a week]

## **DINNER-**

**3DAYS-** boiled lentil salad/thai curry+2egg whites

**2DAYS-** Mexican soup/ soya kakab+green chutney

**2 DAYS-** 1spinach wrap/millet khichdi

**BEDTIME-** 1cup ajwain 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.

