

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass flax seed water+2spoon seed mix

## **BREAKFAST OPTIONS-**

**2DAYS-** 2peanut butter toast/corn and spinach sandwich

**2DAYS-** apple nuts smoothie

**3DAYS-** oats in milk /2oats chilla+green chutney

[you can have tea/coffee with breakfast]

**MID- MORNING-** 1glass kanji/buttermilk

## **LUNCH-**

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

**2DAYS-** 1besan onion roti+mushroom matar sabji+salad+beetroot raita

**1Day-** 2kulcha+chole+salad

**1Day-** meal of your choice

**EVENING SNACK-** curry pata tea/milk tea+khakhra

## **DINNER-**

**3DAYS-** hara bhara kabab+green chutney/stir fry kala chana salad

**2DAYS-** masoor dal wrap/quinoa panner salad

**2 DAYS-** millet upma /palak khichdi

**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.

