

# WEIGHT LOSS DIET

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

## BREAKFAST OPTIONS-

**2DAYS-** oats papaya smoothie

**2DAYS-** veg. macroni/mushroom sandwich

**3DAYS-** oats in milk/1glass milk+1small katori panjiri

[you can take milk tea/coffee with breakfast]

**MID- MORNING-** chia seed lemon water/1glass carrot kanji

## LUNCH-

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

**2DAYS-** quinoa pulao+cucumber raita+salad /1panner beetroot prantha+any sabji+salad

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

**1Day-** meal of your choice

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

## DINNER-

**2DAYS-** millet khichdi/methi dal

**3DAYS-** 1 sprouts dosa+coconut chutney/dry fruit kheer /hara bhara kakab+green chutney

**2 DAYS-** oats daliya/stir fried rajma salad

**BEDTIME-** 1cup chamomile tea [optional]

### **DOs /DONT'S**

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] avoid adding excess of spices and oil in food.
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.

