

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass amla juice/flax seed water +5soaked almonds

## BREAKFAST OPTIONS-

**3DAYS-** 2moong dal chilla+green chutney/overnight oats

**2DAYS-** panner sandwich/1bread toast+1boiled egg

**2DAYS-** ragi upma/masala idli

[You can have coffee/milk tea with breakfast]

**MID- MORNING-** buttermilk /carrot kanji

## LUNCH-

**3DAYS-** 1oats roti+any green vegetable or dal+salad

**1DAYS-** rajma rice+salad+buttermilk

**2Days-** 1besan onion roti+any sabji+salad

**1Day-** meal of your choice

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

## DINNER-

**3DAYS-** steamed quinoa+sautéed vegetable/milk daliya

**2DAYS-** palak khichdi/pumpkin soup+2egg whites

**2 DAYS-** 1bowl egg curry/soya kakab+green chutney

**BEDTIME-** 1cup ajwain tea

**Snacking and munching options when you feel hungry-**

1. 1 bowl Popcorn
2. 1 bowl Makhana
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 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.