

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup herbal tea+30gms seed mix

## **BREAKFAST OPTIONS-**

**2DAYS-** panner beetroot sandwich/oats omellete

**2DAYS-** 1glass dry fruit shake/banana peanut butter toast [2slice wheat bread]

**3DAYS-** 2moong dal chilla with veggies/1besan onion roti+any sabji/veg. poha

[you can take milk tea/coffee with breakfast if required]

**MID- MORNING-** buttermilk/ABC juice +5almonds soaked

## **LUNCH-**

**3DAYS-** 2multigrain roti+any dal or sabji+salad

**2DAYS-** sprouts pulao+salad+curd /lobia curry+rice+salad

**1Days-** egg roll/soya wrap

**1Day-** meal of your choice

**EVENING SNACK-** 1cup turmeric milk+any seasonal fruit/roasted chana

## **DINNER-**

**2DAYS-** dal soup+sweet potato chaat/Mexican soup

**3DAYS-** palak khichdi/quinoa veggies salad/ oats in milk

**2 DAYS-** 1 plain dosa+sambhar/grilled panner+sautéed vegetable

**BEDTIME-** 1cup saunf 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] 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.

