

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass saunf ajwain water+2walnuts soaked

## BREAKFAST OPTIONS-

**2DAYS-** kala chana chaat/veg macroni

**2DAYS-** 1beetroot panner prantha+pickle/oats upma

**3DAYS-** 1sooji chilla+green chutney/ 2 protein chilla+green chutney

(You can take milk tea with breakfast)

**MID- MORNING-** any seasonal fruit /chia seed coconut water

## LUNCH-

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

**2DAYS-** 1methi roti+carrot peas sabji+salad/rajma wrap+salad

**1Days-** panner palak sabji+rice+salad

**1Day-** meal of your choice

**EVENING SNACK-** herbal tea/milk tea+bhel

**DINNER-**

**2DAYS-** sautéed rajma salad/carrot kheer

**3DAYS-** besan sheera/broccoli salad /palak khichdi

**2 DAYS-** whole wheat pasta/lemon coriander soup/sweet potato chaat

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

### **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. For sugar cravings you can have 1date/2pcs of dark chocolate/1oats ladoo/1dry fruit ladoo/1fruit.
  
16. Manage your stress and Do some deep breathing at any time of the day.



