

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass jeera saunf water

## **BREAKFAST OPTIONS-**

**2DAYS-** veg. vermicelli/1glass turmeric milk+1banana

**3DAYS-** 1methi roti+any sabji/tomato cucumber sandwhci

**2DAYS-** apple nutty smoothie

**MID- MORNING-** carrot kanji/any seasonal fruit

## **LUNCH-**

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

**2DAYS-** 1moong dal prantha+any sabji /urad  
dal+rice+SALAD

**2Days-** palak khichdi+salad /meal of your choice

**EVENING SNACK-** matcha tea/milk tea+roasted makhana/2marrie  
biscuit

## **DINNER-**

**3DAYS-** rajma wrap/ragi upma

**2DAYS-** sautéed tofu salad/soya kakab+green chutney

**2 DAYS-** 1plain dosa+sambhar+salad /1bowl bhel puri

**BEDTIME-** 1cup cinnamon 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]
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.

