

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass methi seed water+soaked almonds

## **BREAKFAST OPTIONS-**

**2DAYS-** 1glass turmeric milk+1banana [plant based milk]

**2DAYS-** 3egg white scramble eggs+1peanut butter toast

**3DAYS-** mushroom sandwich/1besan chilla+panner stuffing

**MID- MORNING-** 2spoons panjiri/any seasonal fruit

**LUNCH-** have apple cider vinegar 1hr before lunch [add 1spoon ACV in warm water]

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

**2DAYS-** rice+dal makhani+salad/millet khichdi+salad

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

**1Day-** meal of your choice

**EVENING SNACK-** milk tea/turmeric tea+khakhra

## **DINNER-**

**3DAYS-** broccoli salad/peanut salad /lentil soup

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

**2 DAYS-** sauteed vegetable+grilled tofu

**BEDTIME-** 1cup fennel 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 are allowed.
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.

