

# WEIGHT LOSS DIET

**MORNING DRINK-** 1 Glass tej patta kesar water [overnight soaked 1tej patta and pinch of kesar]

## BREAKFAST OPTIONS-

**2DAYS-** 1besan onion roti+any green vegetable

**2DAYS-** 2masoor dal chilla+green chutney/hung curd sandwich

**3DAYS-** 1glass dry fruit shake/masala oats

**MID- MORNING-** any seasonal fruit

## LUNCH-

**3DAYS-** 1ragi roti+any dal+salad

**2DAYS-** 1bathua roti+egg bhurji+salad/1spinach wrap

**1Day-** soya pulao+salad

**1Day-** meal of your choice

**EVENING SNACK-** milk tea/shatavari tea+ khakhra /1protein bar  
[once or twice a week]

## DINNER-

**3DAYS-** kachumber salad/hara bhara kakab+green chutney

**2DAYS-** beans and tofu salad/boiled egg sandwich

**2 DAYS-** carrot kheer/palak khichdi

**BEDTIME-** 1cup chamomile 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.

