

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup cinnamon ginger tea

## **BREAKFAST OPTIONS-**

**2DAYS-** veg. poha/oats upma

**2DAYS-** oats in milk/1moong dal chilla+green chutney

**3DAYS-** mushroom sandwich/1bread pizza

**MID- MORNING-** any seasonal fruit+30gms seed mix

## **LUNCH-**

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

**2DAYS-** chicken pulao+curd+salad/soya curry+rice+salad

**1Day-** 1egg roll

**1Day-** meal of your choice

**EVENING SNACK-** herbal tea/milk tea+khakhra/2spoon panjiri

## **DINNER-**

**3DAYS-** vegetable daliya /moong dal khichdi+30gms panner

**2DAYS-** sautéed vegetable+3egg whites

**2 DAYS-** 2oats idli+sambhar/chicken soup

**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 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.

