

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass daniya ajwain water+30gms seed mix

## **BREAKFAST OPTIONS-**

**2DAYS-** masala oats

**3DAYS-** hung curd sandwich/1panner beetroot prantha+pickle

**2DAYS-** 1bread pizza/rava upma with lots of veggies

[you can have tea/coffee with breakfast]

**MID- MORNING-** any seasonal fruit/amla juice

## **LUNCH-**

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

**2DAYS-** veg. pulao+bathua raita+salad/

**2Days-** 1spianch wrap/meal of your choice

**EVENING SNACK-** shatavari tea/milk tea+roasted makhana  
/protein bar

## **DINNER-**

**3DAYS-** besan sheera /masoor dal wrap/steamed quinoa+sambhar

**2DAYS-** hara bhara kabab+green chutney/oats daliya

**2 DAYS-** whole wheat pasta/sprouts panner salad

**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.

