

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup ajwain jeera water+5soaked almonds

## **BREAKFAST OPTIONS-**

**3DAYS-** 2besan chilla+green chutney [add veggies]/2peanut butter toast

**2DAYS-** corn and spinach sandwich/1oats pancake

**2DAYS-** masala oats/veg. macroni

[you have tea /coffee in breakfast if required]

**MID- MORNING-**any seasonal fruit

## **LUNCH-**

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

**2DAYS-** brown rice pulao+beetroot raita+salad /bajra khichdi+salad

**1Days-** chicken pasta

**1Day-** meal of your choice

**EVENING SNACK-** saunf tea/milk tea+30gms seed mix

## **DINNER-**

**3DAYS-** 1bowl gheeya chana dal/ chicken soup

**2DAYS-** lemon coriander soup+30gms grill pannner/sprouts salad

**2 DAYS-** sweet corn salad/makhana milk

**BEDTIME-** 1cup chamomile tea [optional]

### **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.

Non-veg food are allowed twice a week, avoid red meat [you can go for chicken breast, egg whites and fish.]

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.

