

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass lukewarm saunf ajwain water

## **BREAKFAST OPTIONS-**

**2DAYS-** makhana chaat

**3DAYS-** banana peanut butter smoothie/oats in milk

**2DAYS-** 1moong dal chilla+green chutney/veg. macroni

**MID- MORNING-** any seasonal fruit/amla juice with 30gms seed mix

## **LUNCH-**

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

**2DAYS-** rice+arhar dal+salad+buttermilk

**2Days-** palak khichdi+curd /meal of your choice

**EVENING SNACK-** curry pata tea/milk tea+2spoon panjiri/popcorn

## **DINNER-**

**2DAYS-** carrot kheer /tofu bhurji+saald

**3DAYS-** chatpata sweet potato chaat /1oats pancake/1bowl  
bhel puri

**2 DAYS-** oats gheeya tikki+amla chutney/mushroom pepper  
fry

**BEDTIME-** 1cup saunf 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.

