

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup cinnamon tea+30gms seed mix

## **BREAKFAST OPTIONS-**

**2DAYS-** Oats in curd/masala oats

**2DAYS-** 1cup kesar milk+1apple

**3DAYS-** panner sandwich/makhana chaat

[you can have tea/coffee if required]

**MID- MORNING-** any seasonal fruit

**LUNCH-** 1glass AVC water [add 1spoon ACV in lukewarm water]

**2DAYS-** steamed quinoa+sautéed veggies

**2DAYS-** chicken pulao+salad+curd /1bowl gheeya chana dal+salad  
[you can have roti with it]

**2Day-** spinach wrap/ brown rice+any dal or curry+salad

**1Day-** meal of your choice

**EVENING SNACK-** milk tea/cinnamon tea+chana

## **DINNER-**

**3DAYS-** masala egg salad/ mushroom pepper fry

**2DAYS-** vegetable dalia/grilled fish+salad

**2 DAYS-** moong dal panner salad / soya chunk salad

**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.

