

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup kesar tea+5soaked almonds

## **BREAKFAST OPTIONS-**

**3DAYS-** oats appe+coconut chutney/2hummus toast

**2DAYS-** 2masoor dal chilla+amla chutney

**2DAYS-** veg. poha/kala chana chaat

[you have tea /coffee in breakfast if required]

**MID- MORNING-**any seasonal fruit/carrot kanji

## **LUNCH-**

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

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

**1Days-** 2slice wheat pizza

**1Day-** meal of your choice

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

## **DINNER-**

**3DAYS-** palak khichdi/ grilled chicken salad

**2DAYS-** boiled moong dal panner salad/spinach wrap

**2 DAYS-** rajma tikka+green chutney/carrot kheer

**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.



