

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup methi seed water+30gms seed mix

## **BREAKFAST OPTIONS-**

**2DAYS-** vegetable sandwich

**2DAYS-** 2moong dal chilla+amla chutney/veg. vermicelli

**3DAYS-** veg. macroni/oats in milk

[use any plant based milk]

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

## **LUNCH-**

**3DAYS-** 1bajra/besan roti+anydal or sabji+salad

**2DAYS-** sprouts pulao+salad / soya curry+rice+salad

**1Day-** 2slice whole wheat pizza

**1Day-** meal of your choice

**EVENING SNACK-** cinnmaon tea/green tea+chana /1protein bar

[once- twice a week]

## **DINNER-**

**3DAYS-** 1bowl gheeya chana dal+salad /oats gheeya tikki+green chutney

**2DAYS-** makhana milk/ sauteed tofu salad

**2 DAYS-** 1plain dosa+sambhar / boiled kala chana chaat

**BEDTIME-** 1cup ajwain tea

### **Snacking and munching options when you feel hungry-**

1. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar puffs

### **Sweet Cravings:**

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate

### **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.

