

# WEIGHT LOSS DIET

**MORNING DRINK-** copper charged water [store the water in copper jug overnight and drink empty stomach in morning] /ginger tea

## **Morning juice you can have this after a workout**

1glass herbal juice

In a glass add

4tsp amla juice

4tsp aloe vera juice

Ginger

4tsp ashwaganda leaf juice

Pinch of black pepper and turmeric

1cup warm water

## **BREAKFAST- after 1hr of having herbal juice**

**2DAYS-** sattu drink/masala oats/millet upma

**2DAYS-** 2besan chilla+mint chutney/mix fruit chaat

**3DAYS-** sprouts chaat [avoid onion] /papaya smoothie

[drink warm water to keep hydration level

**MID- MORNING-** herbal tea [if you feel hungry]

## **LUNCH-**

**3DAYS-** 1-2 multigrain roti+any sabji+salad [avoid lentils and starchy vegetables]

**2DAYS-** millet daliya/2-3 idli/dosa+coconut chutney+sambhar

**1Days-** roasted potato+sautéed vegetables

**1Day-** meal of your choice

**EVENING SNACK-** herbal tea+4almonds, 2walnuts soaked 2 dry anjeer /any seasonal fruit

## **DINNER- try to have at 7pm**

**2DAYS-** moong dal soup/hot and sour soup

**3DAYS-** mushroom soup/gheeya soup+chana

**2 DAYS-** tomato soup+makhana /mix vegetable soup

**BEDTIME-** 1cup ginger 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] avoid adding excess of spices and oil in food.
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.



