

# WEIGHT LOSS DIET

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

## **BREAKFAST OPTIONS-**

**2DAYS-** 3egg whites scramble eggs

**2DAYS-** 2avocado toast [2slice wheat bread]

**3DAYS-** 1ragi chilla+amla chutney/oats in curd

**MID- MORNING-** any seasonal fruit

## **LUNCH-**

**2DAYS-** 1bran roti+any sabji or dal+salad+curd

**3DAYS-** brown rice pulao+1bowl nutri+salad /panner bhurji+salad

**1Day-** 1bowl massor dal+salad

**1Day-** meal of your choice

**EVENING SNACK-** milk tea/saunf tea+any seasonal fruit

## **DINNER-**

**3DAYS-** steamed quinoa with boiled rajma/egg omellete [3egg whites]

**2DAYS-** tofu bhurji+lettuce salad/ 1bowl broccoli soup

**2 DAYS-** chickpea salad with sauteed mushroom

**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 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.

