

# WEIGHT LOSS DIET

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

## **BREAKFAST OPTIONS-**

**2DAYS-** 2 avocado toast/sweet potato chaat

**2DAYS-** oats with curd

**3DAYS-** French toast/1besan chilla with panner stuffing+green chutney

**MID- MORNING-** any seasonal fruit

## **LUNCH-**

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

**2DAYS-** rice+any dal or curry+salad

**1Day-** chicken pasta

**1Day-** meal of your choice

**EVENING SNACK-** green tea/milk tea+any seasonal fruit/2spoon panjiri or 1cup turmeric milk+chana

## **DINNER-**

**3DAYS-** egg omellete / broccoli soup+30gms grill panner

**2DAYS-** green moong soup /vegetable daliya

**2 DAYS-** oats gheeya tikki+green chutney/makhana milk

**BEDTIME-** 1cup green 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 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.

