

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass cinnamon lemon water+2walnuts soaked

## **BREAKFAST OPTIONS-**

**2DAYS-** mix fruit smoothie/sweet potato chaat

**2DAYS-** oats in curd

**3DAYS-** millet upma/ 2avocado toast

**MID- MORNING-** 1glass any fresh vegetable juice/any seasonal fruit

## **LUNCH-**

**3DAYS-** 1burrito bowl/ mushroom wrap

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

**1Day-** egg wrap

**1Day-** meal of your choice

**EVENING SNACK-** green tea/milk tea+30gms seed mix

## **DINNER-**

**3DAYS-** soya bhurji+salad /moong dal panner salad

**2DAYS-** 1bowl gheeya chana dal/ boiled kala chana veggies salad

**2 DAYS-** hot and sour soup+2egg whites/lemon coriander soup+2egg whites

**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]
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.

