

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup shatavari tea

## **BREAKFAST OPTIONS-**

**2DAYS-** peanut butter banana sandwich/panner sandwich

**2DAYS-** masala oats /1moong dal chilla+amla chutney

**3DAYS-** rava upma/veg. poha

**[you can have tea/coffee with breakfast]**

**MID- MORNING-** 30gms seed mix+green tea

## **LUNCH-**

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

**2DAYS-** nutri/chole+rice+salad+buttermilk

**1Days-** rajma wrap

**1Day-** meal of your choice

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

## **DINNER-**

**3DAYS-** panner bhurji+salad/250gms dhokla/methi dal

**2DAYS-** sprouts mushroom salad/whole wheat pasta

**2 DAYS-** masala idli/dal palak soup

**BEDTIME-** 1cup saunf 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] 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.

16. Sugar cravings you can have 1 date, 1 oats ladoo, 1 dry fruit ladoo, 1 spoon peanut butter,



