

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass lemon ginger water OR  
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 OPTIONS-

**2DAYS-** sattu drink/papaya smoothie

**2DAYS-** ragi upma

**3DAYS-** 2egg whites+sauteed mushroom/1besan chilla+green chutney

**MID- MORNING-** 1glass lukewarm lemon water [have fruit if you  
feel hungry]

## LUNCH-

**3DAYS-** 1-2 multigrain roti+any sabji or dal+salad+curd

**2DAYS-** millet daliya/2idli+sambhar

**1Day-** sprouts panner salad

**1Day-** meal of your choice

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

## **DINNER-**

**3DAYS-** pumpkin soup/boiled chicken salad

**2DAYS-** hot and sour soup /gheeya soup+roasted chana

**2 DAYS-** tomato soup+2egg whites/kala chana salad

**BEDTIME-** 1cup cinnamon 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.

