

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass cinnamon lemon water +5soaked almonds

## BREAKFAST OPTIONS-

**3DAYS-** 1moong dal chilla+amla chutney /oats upma

**2DAYS-** sweet potato chaat/panner sandwich

**2DAYS-** 1besan toast+green chutney/1sooji chilla [add veggies] +amla chutney

[you can have milk tea/coffee with breakfast]

**MID- MORNING-** 1glass ABC juice/any seasonal fruit

## LUNCH-

**2DAYS-** 1methi roti+any dal+salad/veg. pulao+bathua raita+salad

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

**1Day-** rice+lobia curry+salad

**1Day-** meal of your choice

**EVENING SNACK-** chamomile tea/milk tea+chana

## **DINNER-**

**2DAYS-** dal palak soup/oats in milk

**2DAYS-** vegetable daliya/ sauteed vegetable+steamed quinoa

**3DAYS-** carrot kheer /moong dal idli+coconut chutney

**BEDTIME-** 1cup chamomile 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.

