

# WEIGHT LOSS DIET

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

## **BREAKFAST OPTIONS-**

**2DAYS-** mix fruit yogurt salad / masala oats

**2DAYS-** 1moong dal chilla+green chutney/veg.upma

**3DAYS-** 2avocado toast/makhana chaat

[you can have tea/coffee if required]

**MID- MORNING-** any seasonal fruit+2walnuts soaked /1glass ABC juice

## **LUNCH-**

**2DAYS-** steamed quinoa+any dal or curry+salad

**3DAYS-** 1roti+any sabji or dal+salad [you can use any of these flour for roti oats/bran/makki ]

**1Day-** 1 spinach wrap

**1Day-** meal of your choice

**EVENING SNACK-** milk tea/curry leaves tea+roasted chana

## **DINNER-**

**3DAYS-** makhana milk/2idli+sambhar

**2DAYS-** oats gheeya tikki+amla chutney /sauteed vegetable+boiled chickpea

**2 DAYS-** moong dal panner salad/vegetable daliya

**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 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.



