

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup jeera lemon water+5almonds soaked

## **BREAKFAST OPTIONS-**

**2DAYS-** mix fruit yogurt salad

**3DAYS-** 1besan chilla+green chutney/oats in curd

**2DAYS-** veg. poha /egg omellete

**MID- MORNING-** green tea+any seasonal fruit

## **LUNCH-**

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

**2DAYS-** boiled potato chaat+sauteed vegetable/veg.  
khichdi+curd+salad

**2Days-** veg. pualo+beetroot raita+salad/meal of your choice

**EVENING SNACK-** green tea/coffee+roasted chana

## **DINNER-**

**3DAYS-** spinach wrap/ moong dal idli+coconut chutney

**2DAYS-** green moong soup/rajma veggies salad

**2 DAYS-** soya bhurji+salad/grilled chicken 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 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.

