

# WEIGHT LOSS DIET

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

## **BREAKFAST OPTIONS-**

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

**2DAYS-** sweet potato chaat/oats in milk

**2DAYS-** chia seed pudding/veg. poha

[use any plant based milk]

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

## **LUNCH-**

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

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

**1Day-** spinach wrap

**1Day-** meal of your choice

**EVENING SNACK-** 1cup turmeric milk/cinnamon tea+any seasonal  
fruit

## **DINNER-**

**2DAYS-** quinoa veggies salad/broccoli soup+ 1katori roasted makhana

**2DAYS-** vegetable daliya/stir fried tofu salad

**3DAYS-** soya chunk salad/1sprouts dosa+coconut chuteny

**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.

