

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass saunf ajwain water+30gms seed mix

## **BREAKFAST OPTIONS-**

**2DAYS-** panner sandwich/veg. sandwich

**2DAYS-** Maggie with lots of veggies/250gms dhokla

**3DAYS-** 1uttapam+coconut chutney/2idli+sambhar/masala idli

**MID- MORNING-** any seasonal fruit

## **LUNCH-**

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

**2DAYS-** rice+any dal or curry+salad

**1Day-** whole wheat pasta

**1Day-** meal of your choice

**EVENING SNACK-** green tea/milk tea+roasted makhana

## **DINNER-**

**3DAYS-** oats in milk/moong dal panner salad

**2DAYS-** soya bhurji+salad/broccoli salad+30gms grill panner

**2 DAYS-** 1besan beetroot chilla+amla chutney/green moong soup

**BEDTIME-** 1cup ginger 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.



