

# WEIGHT LOSS DIET

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

## BREAKFAST OPTIONS-

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

**2DAYS-** 1oats chilla+green chutney/chia seed pudding

**3DAYS-** 1peanut butter toast+1boiled egg/makhana chaat

[you can have tea/coffee if required]

**MID- MORNING-** coconut chia seed water/any seasonal fruit

## LUNCH-

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

**2DAYS-** 1roti+any sabji or dal+salad+curd [you can use any of these flour for roti oats/bran/makki ]

**2Day-** 1 mushroom wrap /1-2 besan beetroot chilla+curd

**1Day-** meal of your choice

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

## **DINNER-**

**3DAYS-** gheya kheer /2idli+sambhar/2-3 beetroot kakab+green chutney

**2DAYS-** egg bhurji/sauteed vegetable+boiled chickpea

**2 DAYS-** broccoli 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.



