

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass chia seed lemon water+2walnuts soaked

## BREAKFAST OPTIONS-

**2DAYS-** corn and spinach sandwich /veg. poha

**2DAYS-** 1besan beetroot chilla+amla chutney

**3DAYS-** sprouts chaat/1glass apple nutty smoothie

**MID- MORNING-** 1glass coconut water

## LUNCH-

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

**2DAYS-** soya pulao+curd+salad/1besan onion roti+any sabji+salad+curd

**1Day-** mushroom wrap

**1Day-** meal of your choice

**EVENING SNACK-** green tea/milk tea+any seasonal fruit

## **DINNER-**

**3DAYS-** 250gms dhokla/dal palak soup/sautéed vegetable+boiled kala chana

**2DAYS-** 1 sprouts dosa+coconut chutney/panner tikka+salad+green chutney

**2 DAYS-** makhana milk

**BEDTIME-** 1cup fennel 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.



