

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass ajwain water+5almonds soaked

## **BREAKFAST OPTIONS-**

**2DAYS-** 2peanut butter toast

**3DAYS-** 1ragi chilla+green chutney/oats in milk

**2DAYS-** veg. vermicelli/1glass kesar milk+1apple

**MID- MORNING-** any seasonal fruit /ABC juice

## **LUNCH-**

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

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

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

**EVENING SNACK-** saunf tea/milk tea+30gms seed mix

## **DINNER-**

**3DAYS-** millet khichdi/broccoli soup+30gms panner

**2DAYS-** steamed quinoa+sautéed vegetables

**2 DAYS-** ragi soup/macroni soup

**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.

