

# WEIGHT LOSS DIET

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

## **BREAKFAST OPTIONS-**

**2DAYS-** panner beetroot sandwich

**2DAYS-** 1-2moong dal chilla+amla chutney/veg. vermicelli

**3DAYS-** veg. macroni/oats in milk

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

## **LUNCH-**

**3DAYS-** 1bran/oats roti+anydal or sabji+salad+curd

**2DAYS-** veg.pulao+bathua raita+salad / soya curry+rice+salad

**1Day-** bajra khichdi+salad

**1Day-** meal of your choice

**EVENING SNACK-** milk tea/green tea+ roasted chana /1protein bar [once- twice a week]

## **DINNER-**

**3DAYS-** panner tikka+onion salad+green chutney/milk daliya

**2DAYS-** spinach wrap/sweet potato chaat+vegetable soup

**2 DAYS-** 1plain dosa+sambhar / boiled kala chana chaat

**BEDTIME-** 1cup chamomile tea

## **Snacking and munching options when you feel hungry-**

1. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar puffs Sweet

### Cravings:

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate

## **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.



