

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass chia seed lemon water+30gms seed mix

## **BREAKFAST OPTIONS-**

**2DAYS-** oats with curd

**2DAYS-** chocolate smoothie/veg.poha

**3DAYS-** 1moong dal chilla+green chutney /sweet potato chaat

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

## **LUNCH-**

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

**2DAYS-** veg. pulao+salad+curd/ 1methi roti+any sabji+salad+bathua raita

**1Day-** dal makhani+rice+salad+buttermilk

**1Day-** meal of your choice

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

## **DINNER-**

**3DAYS-** rajma veggies salad /vegetable khichdi

**2DAYS-** macroni soup /dal palak soup

**2 DAYS-** soya chunk salad /boiled chickpea salad

**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 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.



