

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup curry pata tea+2brazil nuts

## BREAKFAST OPTIONS-

**3DAYS-** 1oats chilla+amla chutney/choco chia seed pudding

**2DAYS-** veg. vermicelli /hung curd sandwich

**2DAYS-** masala oats /quinoa upma

[You can have coffee/milk tea with breakfast]

**MID- MORNING-** 1glass amla juice+30gms seed mix/1halim seed laddoo

## LUNCH-

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

**1DAYS-** rajma wrap

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

**1Day-** meal of your choice

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

## **DINNER-**

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

**3DAYS-** vegetable khichdi/1sprouts dosa+coconut chutney

**2 DAYS-** sprouts salad/steamed quinoa+sautted vegetable

**BEDTIME-** 1cup turmeric tea

Medical issues- thyroid, iron, vit D, calcium, deficient, hairfall

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

1. 1 bowl Popcorn
2. 1 bowl Makhana
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 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.