

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass lukewarm saunf water

## **BREAKFAST OPTIONS-**

**2DAYS-** cucumber sandwich/veg.macroni

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

**2DAYS-** oats with curd

**MID- MORNING-** 1banana add black salt /coconut water

## **LUNCH-**

**2DAYS-** 1 roti+any dal or sabji+salad+curd

**3DAYS-** rice+any dal+salad+buttermilk

**2Days-** wheat pasta /meal of your choice

**EVENING SNACK-** ajwain tea+popcorn /chia seed lemon water

## **DINNER-**

**3DAYS-** panner bhurji/oats in milk

**2DAYS-** moong dal khichdi/2idli+sambhar

**2 DAYS-** milk daliya/pumkin soup

**BEDTIME-** 1cup chamomile 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.



