

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup shatavari tea+2brazil nuts

## **BREAKFAST OPTIONS-**

**2DAYS-** hung curd sandwich/oats appe+coconut chutney

**2DAYS-** 1masoor dal chilla+green chutney

**3DAYS-** roasted chana chaat/veg. poha

[you can have tea/coffee if required]

**MID- MORNING-** any seasonal fruit/sattu drink

## **LUNCH-**

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

**2DAYS-** 1roti+any sabji or dal+salad [you can use ny atta for roti]

**2Day-** millet khichdi+curd+salad/1panner prantha+any sabji+salald+curd

**1Day-** meal of your choice

**EVENING SNACK-** curry pata tea/milk tea+ popcorn

## **DINNER-**

**3DAYS-** 250gms dhokla/1bowl gheeya chana Dal

**2DAYS-** rajma tikki+green chutney/macroni soup

**2 DAYS-** pumpkin soup/1veg. uttapam+coconut chutney

**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 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.

