

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass ajwain water+2walnuts soaked

## BREAKFAST OPTIONS-

**2DAYS-** boiled egg sandwich/sattu shake

**2DAYS-** French toast/oats chia pudding

**3DAYS-** veg. poha/masala oats

**MID- MORNING-** coconut water/any seasonal fruit

## LUNCH-

**3DAYS-** 2roti+any dal or sabji+salad+curd [you can use any flour to make roti]

**2DAYS-** chicken pulao+salad+buttermilk /1gobhi pratha+curd+pickle

**1Days-** 2slice wheat pizza

**1Day-** meal of your choice

**EVENING SNACK-** coffee/milk tea+popcorn/1apple with peanut butter

## **DINNER-**

**3DAYS-** soya wrap/whole wheat noodles

**2DAYS-** 1ragi chilla+panner bhurji/2-3 idli+sambhar

**2 DAYS-** Mexican soup/chicken seekh kakab+green chutney

**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] avoid adding excess of spices and oil in food.
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.
16. Sugar cravings you can have 1 date, 1 oats laddoo, 1 dry fruit laddoo, 1 spoon peanut butter,



