

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass methi seed water+2walnuts soaked

## BREAKFAST OPTIONS-

**3DAYS-** sattu shake/ 1moong dal gheeya chilla+green chutney

**2DAYS-** oats upma/ragi malt

**2DAYS-** 2peanut butter toast/masala chana sandwich

[you can have milk tea/coffee with breakfast]

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

## LUNCH-

**2DAYS-** soya wrap/rice+any dal or cuury+salad+buttermilk

**3DAYS-** 1-2bran/oats roti+any dal or sabji+salad

**1Day-** sprouts pulao+salad+buttermilk

**1Day-** meal of your choice

**EVENING SNACK-** saunf tea/milk tea+popcorn

**DINNER-**

**2DAYS-** broccoli salad/kachumber salad

**2DAYS-** masala idli/jowar chilla+green chutney

**3DAYS-** milk daliya/Mexican soup/panner tikka+green 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 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.



