

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass jeera water/1glass ash gourd juice

## **BREAKFAST OPTIONS-**

**3DAYS-** chocolate smoothie/masala oats

**2DAYS-** panner sandwich /roasted chana chaat

**2DAYS-** veg appe+coconut chutney/oats upma

**[use any plant based milk]**

**MID- MORNING-** any seasonal fruit

## **LUNCH-**

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

**2DAYS-** soya pulao+salad+buttermilk /rajma wrap

**2Day-** barley daliya+curd+salad /rice+any dal or curry+salad

**1Day-** meal of your choice

**EVENING SNACK-** saunf tea+roasted makhana

**DINNER-**

**3DAYS-** 1plain dosa+sambhar/milk daliya

**2DAYS-** beetroot tikka+green chutney/mushroom soup

**2 DAYS-** 1jowar chilla+green chutney /1bread pizza

**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]
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.



