

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup cinnamon tea+5soaked almonds

## BREAKFAST OPTIONS-

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

**2DAYS-** boiled egg sandwich

**2DAYS-** 1masoor dal chilla/ragi upma

[you can have milk tea/coffee with breakfast]

**MID- MORNING-** pomegranate yogurt [mix anar in 1katori curd  
add 1tsp pumpkin seeds ] /ABC juice

## LUNCH-

**2DAYS-** 1besan roti+mushroom matar sabji+salad /sprouts  
pulao+curd+salad

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

**2Day-** egg curry/dal makhani+rice+salad+buttermilk

**1Day-** meal of your choice

**EVENING SNACK-** green tea/milk tea+any seasonal fruit

**DINNER-**

**2DAYS-** oats gheeya tikka+green chutney/1veg.  
uttapam+coconut chutney

**2DAYS-** makhana milk/ chicken tikka+green chutney

**3DAYS-** barley daliya/hot and sour 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.



