

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass moringa water/elaichi water [boil 2elichi in water and have it]

## BREAKFAST OPTIONS-

**2DAYS-** sprouts dahi chaat

**2DAYS-** 1msoor dal chilla+amla chutney

**3DAYS-** veg/ vermicelli/1panner prantha+pickle

**MID- MORNING-** any seasonal fruit /veg. juice [alovera, beetroot, mint add water and blend ]

## LUNCH-

**2DAYS-** 2kulcha+chole+salad/avocado wrap

**3DAYS-** 1roti/rice +any dal or sabji+salad [you an use any flour to make roti]

**2Day-** meal of your choice/ moong dal salad

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

## DINNER-

**3DAYS-** ragi soup/boiled lobia salad /masala egg salad

**2DAYS-** mushroom pepper fry/soya chucnk salad

**2 DAYS-** makhana chaat/2oats idli+sambhar

**BEDTIME-** 1cup ginger 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.

