

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass ghee water

## **BREAKFAST OPTIONS-**

**2DAYS-** avocado egg toast

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

**3DAYS-** 1 ragi chilla+green chutney /overnight oats

**MID- MORNING-** any seasonal fruit /sattu shake

## **LUNCH-**

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

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

**2Day-** meal of your choice/ rice+egg curry+salad

**EVENING SNACK-** 1glass banana smoothie/pomegranate yogurt/cold coffee /green tea+popcorn

## **DINNER-**

**3DAYS-** egg bhurji/steamed vegetable

**2DAYS-** gheeya palak soup/pumpkin soup

**2 DAYS-** barley daliya /oats in milk

**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.

