

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass saunf jeera water+5almonds soaked

## BREAKFAST OPTIONS-

**3DAYS-** oats omellete /apple nutty smoothie

**2DAYS-** ragi upma /mushroom sandwich

**2DAYS-** 1quinoa chilla+green chutney

[you can have milk tea/coffee with breakfast]

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

## LUNCH-

**2DAYS-** 1besan roti+any dal or cuury+salad+buttermilk

**3DAYS-** 1-2roti/rice+any dal or sabji+salad+curd

**1Day-** chicken wrap

1Day- meal of your choice

**EVENING SNACK-** ginger tea/milk tea+any seasonal fruit /1katori  
bhel puri

## **DINNER-**

**3DAYS-** quinoa veggies salad /barley daliya

**2DAYS-** boiled egg salad/chicken soup

**2DAYS-** stir fried rajma salad/ makhana chaat

**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.



