

# WEIGHT LOSS DIET

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

## **BREAKFAST OPTIONS-**

**2DAYS-** 1oats beetroot chilla+greenchutney

**2DAYS-** apple nutty smoothie/veg. poha

**3DAYS-** 2peanut butter toast/fruit custard

**MID- MORNING-** coconut water/ chia seed lemon water

## **LUNCH-**

**2DAYS-** rice+any dal or curry+salad

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

**2Day-** meal of your choice/ egg wrap

**EVENING SNACK-** 1katori bhel puri/ milk tea+any seasonal fruit /fruit chaat/1glass chocolate smoothie

## **DINNER-**

**3DAYS-** whole wheat pasta /moong dal idli+coconut chutney

**2DAYS-** sprouts chaat/ tofu bhurji

**2 DAYS-** lemon coriander soup/masala egg salad

**BEDTIME-** 1cup saunf 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.

