

# WEIGHT LOSS DIET

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

## **BREAKFAST OPTIONS-**

**2DAYS-** apple nutty smoothie/ oats appe+coconut chutney

**2DAYS-** ragi upma [add veggies]

**3DAYS-** corn and spinach sandwich /1masoor dal chilla+green chutney

**MID- MORNING-** 1glass sattv drink/ any seasonal fruit

## **LUNCH-**

**2DAYS-** 1-2 roti+any sabji or dal+salad+curd [use any flour to make roti]

**2DAYS-** lobia curry+rice+salad+buttermilk /veg. pulao+beetroot raita+salad

**2Day-** barley daliya+salad+buttermilk

**1Day-** meal of your choice

**EVENING SNACK-** green tea/milk tea +roasted chana / 1katori anar with curd [add 1tsp pumpkin seeds]

## **DINNER-**

**2DAYS-** sprouts panner salad /mushroom pepper fry

**3DAYS-** makhana chaat /soya bhurji+salad

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

**BEDTIME-** 1cup cinnamon 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.

