

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass chia seed lemon water+30gms seed mix

## **BREAKFAST OPTIONS-**

**2DAYS-** 2avocado toast/ makhana chaat

**2DAYS-** 2moong dal chilla+curd

**3DAYS-** overnight oats/ mushroom sandwich

[use plant based milk only] [you can have tea/coffee if required]

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

## **LUNCH-**

**2DAYS-** stir fried tofu+1ragi roti+salad

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

**2Days-** soyabean sabji+rice+salad

**1Day-** meal of your choice

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

## **DINNER-**

**2DAYS-** stir fried kala chana salad

**2DAYS-** whole wheat pasta/ sauteed vegetable+grilled tofu

**3DAYS-** 2jowar chilla+green chutney/ boiled lobia 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.

