

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup honey lemon water+5almonds soaked

## **BREAKFAST OPTIONS-**

**3DAYS-** 1panner prantha+1cup black coffee/ 2moong dal chilla+curd

**2DAYS-** sattu shake

**2DAYS-** 2avocado toast

[you can have tea/coffee if required]

**MID- MORNING-** 1katori anar in curd add 1tsp pumpkin seeds  
/any seasonal fruit

## **LUNCH-**

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

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

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

**1Day-** meal of your choice

**EVENING SNACK-** green tea/milk tea+1apple with peanut butter

## **DINNER-**

**3DAYS-** macroni soup/ 2jowar chilla+green chutney

**2DAYS-** dal khichdi+salad

**2 DAYS-** stir fried mushroom panner salad /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] avoid adding excess of spices and oil in food.
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.

