

# WEIGHT LOSS DIET

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

## **BREAKFAST OPTIONS-**

**2DAYS-** 1bowl papaya+pomegranate / veg. poha

**2DAYS-** kesar chia pudding

**3DAYS-** oats upma / panner sandwich

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

**MID- MORNING-** coconut water /mint water

## **LUNCH-**

**1DAYS-** barley daliya+salad+curd

**3DAYS-** 1-2 roti+any sabji or dal+salad+curd [use any flour to make roti]

**2Days-** palak kadi+rice+salad / mushroom fried rice+salad

**1Day-** meal of your choice

**EVENING SNACK-** cinnamon tea/milk tea+any seasonal fruit/  
1apple with peanut butter

## **DINNER-**

**2DAYS-** Mexican soup/ cucumber salad with sauted tofu and mushroom

**2DAYS-** soya chunk salad / lemon coriander soup

**3DAYS-** 1veg. uttapam+sambhar/ quinoa veggies salad

**BEDTIME-** 1cup lemon 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.

