

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup tulsi tea [boil 5-6 tulsi leaves, pc of ginger in 2cups water for 5-7 min]

## BREAKFAST OPTIONS-

**2DAYS-** chia seed pudding /mix fruit yogurt salad

**2DAYS-** 1apple+elaichi milk [1glass]/ 1bowl roasted makhana+1banana

**3DAYS-** grilled panner chaat/ 1glass cinnamon milk+1gur till ladoo

**MID- MORNING-** coconut water/ saunf tea

## LUNCH-

**2DAYS-** sabudana tikki+green chutney/ 2kuuttu dosa+green chutney

**3DAYS-** 2roti+any dal or sabji+salad+buttermilk [use kuttu atta, sigara atta, rajgira atta] / rajgira atta gheeya chilla+green chutney

**2Day-** samak chawal+curd+green chutney/ sabudana khichdi+buttermilk

**EVENING SNACK-** tea/coffee+any seasonal fruit [try to have without sugar]

## **DINNER-**

**3DAYS-** makhana milk/ kesar chia pudding

**2DAYS-** rajgira halwa /gheeya raita

**2 DAYS-** 1glass coconut date milk/ pumkin kheer

**BEDTIME-** 1cup saunf tea

## **Snacking and munching options when you feel hungry-**

1. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana
9. 1 bowl sukha Bhel
10. 1 bowl jowar puffs Sweet

Cravings:

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo

4. 1 oats ladoo
5. 2 pieces of dark chocolate

### **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.



