

# WEIGHT LOSS DIET FOR NAVRATRI

**MORNING DRINK-** 1glass lemon water+5almonds+2walnuts  
soaked

## BREAKFAST OPTIONS-

**2DAYS-** sweet potato anar chaat / 1bowl roasted makhana+1apple

**2DAYS-** kesar chia seed pudding /mix fruit chaat

**3DAYS-** 1glass gur lassi/ gulkand milk shake

**MID- MORNING-** 30gms seed mix+tea/coffee / coconut chia seed  
water

## LUNCH-

**3DAYS-** 2 rajgira chilla+green chutney/ 3-4 alloo panner tikki+green  
chutney/ 2roti+any sabji+salad+curd

**2DAYS-** 2roti+panner sabji+curd / 4-5kuttu idli+green chutney

**2Day-** 2samak chilla+green chutney+curd / 1-2 saboodana  
dosa+green chutney

[use sigrara,kuttu,rajgira atta for roti]

**EVENING SNACK-** milk tea/coffee/herbal tea+any seasonal fruit

## **DINNER-**

**3DAYS-** 1glass coconut date shake / 1glass elaichi milk+1katori makhana

**2DAYS-** gheeya kheer/ grilled panner chaat

**2 DAYS-** 1glass cinnamon milk+1rajgira laddoo/ makhana kheer

**BEDTIME-** 1cup fennel 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.

