

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup turmeric black pepper water+5soaked almonds

## BREAKFAST OPTIONS-

**3DAYS-** chia seed pudding/ 1besan toast+green chutney

**2DAYS-** 2peanut butter toast

**2DAYS-** veg. vermicelli / veg. poha

[you can have milk tea/coffee with breakfast]

**MID- MORNING-** any seasonal fruit /coconut water

## LUNCH-

**1DAYS-** veg. pulao+salad+buttermilk

**3DAYS-** 1-2roti+any dal or sabji+salad+curd / 1onion prantha+curd+salad

**2Day-** rice+any dal or curry+salad+buttermilk

**1Day-** meal of your choice

**EVENING SNACK-** green tea/milk tea+popcorn /fruit chaat

## **DINNER-**

**3DAYS-** whole wheat pasta/ panner bhurji+salad

**2DAYS-** soya chunk salad / 1oats beetroot chilla+green  
chutney

**2DAYS-** gheeya palak soup/ sautéed vegetable +boiled  
chickpea

**BEDTIME-** 1cup chamomile 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 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.



