

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass lukewarm ghee water+2brazil nuts

## BREAKFAST OPTIONS-

**2DAYS-** 1besan toast+green chutney / overnight oats

**2DAYS-** sprouts dahi chaat/ 1glass gulkand shake

**3DAYS-** veg. vermicelli / masala chana sandwich

**MID- MORNING-** buttermilk / any seasonal fruit

## LUNCH-

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

**2DAYS-** 1onion prantha+any sabji+salad / meal of your choice

**2Days-** rice+any dal or curry+salad/ veg. pulao+salad

**EVENING SNACK-** saunf tea/milk tea+roasted makhana/ 1protein bar [once or twice a week]

## **DINNER-**

**3DAYS-** sautéed vegetable+30gms grill panner /lentil soup

**2DAYS-** quinoa upma / poha cutlet+salad+green chutney

**2 DAYS-** 1veg. uttapam+coconut chutney / sweet corn soup

**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] 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.

16. Sugar cravings you can have 1date, 1oats laddoo, 1dry fruit laddoo, 1spoon peanut butter,



