

# WEIGHT LOSS DIET

**MORNING DRINK**- dhaniya seed lemon water+2brazil nuts

## **BREAKFAST OPTIONS-**

**2DAYS**- chocolate chia pudding / coconut dates shake

**2DAYS**- masala oats with veggies/2 scramble eggs with 1multigrain bread

**3DAYS**- hung curd sandwich/ mushroom omellete

**[yo can have tea/coffee with breakfast] [without sugar]**

**MID- MORNING**- 1glass aloe vera, mint, beetroot juice/ any seasonal fruit

**LUNCH**- take apple cider vinegar in warm water 30-45 min before dinner

**3DAYS**- moong dal salad/roquet salad / waldrof salad

**2DAYS**- 1-2oats roti+any sabji or dal+salad+buttermilk

**1Day**- chicken pasta

**1Day**- meal of your choice

**EVENING SNACK-** 1apple with peanut butter+curry leaves tea/  
1glass cold coffee

**DINNER-**

**3DAYS-** beetroot kakab+green chutney/ Mexican salad

**2DAYS-** avocado quinoa salad/grilled chicken salad

**2 DAYS-** 1bowl lemon coriander soup/falafel salad

**BEDTIME-** 1cup saunf 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.



