

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass ghee water+2walnuts soaked

## **BREAKFAST OPTIONS-**

**2DAYS-** oats omellete [2egg whites+1whole egg]

**2DAYS-** quinoa upma

**3DAYS-** 1sooji beetroot chilla+amla chutney/ overnight oats

**MID- MORNING-** 1glass mint buttermilk/ bhel juice

## **LUNCH-**

**3DAYS-** 1-2 roti+any sabji or dal+salad+curd [use any flour to make roti]

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

**1Day-** egg bhurji+salad

**1Day-** meal of your choice

**EVENING SNACK-** cinnmon tea/milk tea+any seasonal fruit/ chia seed lemon water

## **DINNER-**

**2DAYS-** sauteed panner mushroom salad / 250gms dhoklaa

**3DAYS-** rajma wrap+salad/ oats daliya+salad

**2 DAYS-** chicken seekh kakab/ chicken pasta

**BEDTIME-** 1cup cinnamon 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.

