

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup cinnamon tea r/1glass ash gourd juice

## **BREAKFAST OPTIONS-**

**2DAYS-** 1besan gheeya chilla+amla chutney/mix fruit chaat

**2DAYS-** panner sandwich

**3DAYS-** oats upma /kala chana chaat

**MID- MORNING-** any seasonal fruit mango chia pudding

## **LUNCH-**

**3DAYS-** 1bran roti+any dal or sabji+salad+curd

**2DAYS-** 1besan roti+any dal+salad

**1Days-** brown rice+lobia curry+salad+buttermilk

**1Day-** meal of your choice

**EVENING SNACK-** cinnamon tea/milk tea+roasted chana

## **DINNER-**

**3DAYS-** sprouts mushroom salad/makhana chaat

**2DAYS-** soya kakab+green chutney/milk daliya

**2 DAYS-** dal palak soup+30gms grill panner

**BEDTIME-** 1cup saunf tea

NOTE- you can take milk tea or coffee with breakfast if required without sugar

### **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. For sugar cravings you can have 1date/1oats laddoo/1dry fruit laddoo/2pcs dark chocolate/1fruit/1tsp peanut butter
15. Manage your stress and Do some deep breathing at any time of the day.



