

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup herbal tea+2 walnuts soaked

## **BREAKFAST OPTIONS-**

**2DAYS-** oats in milk/ hummus sandwich

**2DAYS-** avocado toast

**3DAYS-** mango chia pudding/ 1oats chilla+green chutney

**MID- MORNING-** sattu drink / kulukii sharbat

## **LUNCH-**

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

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

**2Day-** meal of your choice/ quinoa vegetable bowl

**EVENING SNACK-** cinnmaon tea/green tea+any seasonal fruit / chia pudding / fruit chaat/cold coffee

## **DINNER-**

**3DAYS-** beetroot pasta/ soya chunk salad

**2DAYS-** masala idli/ panner tikka+green chutney

**2 DAYS-** broccoli soup/ milk daliya

**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 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.

