

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup tulsi leaves water+5almonds soaked

## **BREAKFAST OPTIONS-**

**3DAYS-** oats in water+30gms mix seeds/ 1glass gulkand shake

**2DAYS-** veg. upma / mango chia pudding

**2DAYS-** quinoa chilla+green chutney

[You can have coffee/milk tea with breakfast] [use any plant based milk]

**MID- MORNING-** any seasonal fruit

## **LUNCH-**

**3DAYS-** 1-2ragi roti+any sabji+salad+curd

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

**1Days-** whole wheat pasta

**1Day-** meal of your choice

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

## **DINNER-**

**3DAYS-** bhel puri/ sweet corn panner salad

**2DAYS-** tofu sandwich/ kala chana chaat

**2 DAYS-** 1veg. uttapam+sambhar/ rajma tikka+salad+green chutney

**BEDTIME-** 1cup saunf tea

[Dislikes- mushrooms]

**Snacking and munching options when you feel hungry-**

1. 1 bowl Popcorn
2. 1 bowl Makhana
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]
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.