

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup tulsi leaves water+2walnuts soaked

## **BREAKFAST OPTIONS-**

**2DAYS-** oats upma/ 1glass cold coffee smoothie

**2DAYS-** makhana dahi chaat

**3DAYS-** 1sooji beetroot chilla+green chutney / tofu sandwich

[you can have tea/coffee with breakfast]

**MID- MORNING-** any seasonal fruit

## **LUNCH-**

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

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

**1Day-** whole wheat noodles

**1Day-** meal of your choice

**EVENING SNACK-** cinnamon tea/ milk tea+khakhra

## **DINNER-**

**3DAYS-** mushroom soup/ barley daliya+salad

**2DAYS-** 1sprouts dosa+coconut chutney/ ragi wrap

**2 DAYS-** makhana milk / cabbage panner salad

**BEDTIME-** 1cup saunf tea

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

1. 1 bowl Popcorn
2. 1 bowl Makhanas
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 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.

