

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup tulasi leaves tea+5soaked almonds

## **BREAKFAST OPTIONS-**

**2DAYS-** panner sandwich

**2DAYS-** strawberry smoothie/oats upma

**3DAYS-** egg omellete /veg. poha

[you can have tea/coffee if required]

**MID- MORNING-** coconut water/any seasonal fruit

## **LUNCH-**

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

**3DAYS-** rice+any curry or dal+salad+buttermilk

**1Day-** meal of your choice

**EVENING SNACK-** milk tea/saunf tea+1protien bar [once or twice a week] or khakhra

## **DINNER-**

**3DAYS-** 2jowar chilla+green chutney/ barley daliya

**2DAYS-** milk daliya

**2 DAYS-** rajma veggies salad/panner tikka+salad

**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.



