

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup herbal tea/ ashgourd juice

## **BREAKFAST OPTIONS-**

**2DAYS-** 2masoor dal chilla+amla chutney

**2DAYS-** overnight oats

**3DAYS-** makhana dahi chaat/ veg. vermicelli

[you can have tea/coffee with breakfast if required]

**MID- MORNING-** chia seed coconut water

## **LUNCH-**

**3DAYS-** 1bran/oats roti+anydal or sabji+salad+curd

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

**1Day-** whole wheat noodles

**1Day-** meal of your choice

**EVENING SNACK-** milk tea/green tea+ roasted chana/mango chia pudding

## **DINNER-**

**2DAYS-** moong dal idli+coconut chutney/ cabbage panner salad

**3DAYS-** soya chucnk salad / gheeya palak soup+30gms grill panner

**2 DAYS-** quinoa veggies 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.



