

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup turmeric tea+5almonds soaked

## **BREAKFAST OPTIONS-**

**2DAYS-** veg. appe +coconut chutney/ mix fruit chaat+30gms seed mix

**3DAYS-** corn and spinach sandwich/ 1oats chilla+amla chutney

**2DAYS-** overnight oats / dry fruit shake

**MID- MORNING-** sattu buttermilk

## **LUNCH-**

**3DAYS-** rajma veggies salad/ soya bhurji+salad

**2DAYS-** sweet corn panner salad

**2 DAYS-** 250gms dhokla/ whole wheat pasta

**EVENING SNACK-** 1glass cold coffee [without sugar]/ green tea+any seasonal fruit

## **DINNER-**

**6DAYS-** 1roti/ rice+any dal or sabji+salad [you can take curd]

**1DAY-** meal of your choice

**BEDTIME-** 1cup ginger 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 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.



