

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass black raisins water [soak 5-6 black raisins in water overnight]

## BREAKFAST OPTIONS-

**2DAYS-** tofu sandwich [2whole wheat bread]

**2DAYS-** 1 sprouts chilla +green chutney/ strawberry smoothie

**3DAYS-** makhana dahi chaat/ quinoa upma

**MID- MORNING-** 1glass chia seed water [you can1 tsp gond katira]/ any seasonal fruit

## LUNCH-

**3DAYS-** 1-2 roti +any dal or sabji+salad+buttermilk [you can use any flour to make roti]

**2DAYS-** 2kuccha +chole+salad +buttermilk/ meal of your choice

**2Days-** mushroom rice+buttermilk+salad / soya pulao+beetroot raita+salad

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

**DINNER-**

**3DAYS-** rajma vegies salad/ bhel puri

**2DAYS-** cabbage panner salad / moong dal khichdi

**2 DAYS-** dhokla [250gms]/ millet upma

**BEDTIME-** 1cup ajwain 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] avoid adding excess of spices and oil in food.

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.

16. Sugar cravings you can have 1 date, 1 oats laddoo, 1 dry fruit laddoo, 1 spoon peanut butter,



