

# WEIGHT LOSS DIET

**MORNING DRINK-** 1glass warm ghee water

## **BREAKFAST OPTIONS-**

**2DAYS-** oats upma/ masala chana sandwich

**2DAYS-** 1glass chocolate smoothie / apple nutty smoothie

**3DAYS-** veg.poha/ 1besan toast+amla chutney

**[you can have tea/coffee with breakfast]**

**MID- MORNING-** 1glass kulukii sharbat/ any seasonal fruit

## **LUNCH-**

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

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

**2Days-** beetroot pasta/ 2oats idli+sambhar

**1Day-** meal of your choice

**EVENING SNACK-** saunf tea+any seasonal fruit

## **DINNER-**

**3DAYS-** tofu bhurji/ soya chunk salad

**2DAYS-** barley daliya+salad / lemon coriander soup

**2 DAYS-** spinach wrap/ oats gheeya tikka +green chutney

**BEDTIME-** 1glass triphla water [mix 1tsp triphla powder in warm water]

## **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 1date, 1oats ladoo, 1dry fruit ladoo, 1spoon peanut butter,



