

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup ajwain water+5almonds soaked

## BREAKFAST OPTIONS-

**2DAYS-** oats omellete

**2DAYS-** 2masoor dal chilla+green chutney / 1glass cold coffee smoothie

**3DAYS-** oats chia pudding / 1besan toast+green chutney

**MID- MORNING-** gond katira shikanji / any seasonal fruit

## LUNCH-

**2DAYS-** rice+any dal or cuury+salad+curd

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

**2Day-** soya chunk salad/ sprouts pulao+salad

**1Day-** meal of your choice

**EVENING SNACK-** green tea/milk tea+any seasonal fruit / mango chia pudding [1katori]

## **DINNER-**

**3DAYS-** mushroom panner salad / 1veg uttapam+sambhar

**2DAYS-** sautéed vegetable+1boiled egg 2egg whites

**2 DAYS-** millet khichdi/ poha cutlet+green chutney

**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.



