

# WEIGHT LOSS DIET

## MEAL TIMMINGS-

BREAKFAST- should be max by 10am

MID-MORNING- 12PM

LUNCH- 2:30PM

EVENING SNACK- 5PM

DINNER- max by 8-8:30PM

**MORNING DRINK-** 1cup herbal tea +2brazil nuts

## BREAKFAST OPTIONS-

**2DAYS-** oats appe+coconut chutney / overnight oats

**3DAYS-** 1besan chilla+amla chutney/ 1onion prantha+pickle

**2DAYS-** veg. vermicelli/ rava upma [add veggies]

**MID- MORNING-** 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

**2Day-** 2kulcha+chole+salad/ 2idli+sambahr+coconut chutney

**1Day-** meal of your choice

**EVENING SNACK-** curry leaves tea/milk tea+popcorn / 1glass cold coffee

## **DINNER-**

**2DAYS-** makhana milk/ sweet corn panner salad

**2DAYS-** 1veg. uttapam+sambhar / oats khichdi+salad

**3 DAYS-** mushroom sprouts salad / sauteed vegetables+grill panner

**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 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.

