

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup saunf tea+5almonds+2walnuts soaked

## BREAKFAST OPTIONS-

**2DAYS-** peanut butter banana smoothie+veg. poha /grilled panner chaat

**2DAYS-** 5pcs oats appe+coconut chutney / veg. vermicelli

**3DAYS-** ragi upma /2besan beetroot chilla+green chutney

**MID- MORNING-** pomegranate yogurt / gond katira shikanji

## LUNCH-

**3DAYS-** 2 bran roti+any sabji or dal+salad+buttermilk

**3DAYS-** rice+any dal or curry+salad+buttermilk

**1Day-** meal of your choice

**EVENING SNACK-** 1cup turmeric milk+roasted makhana/ 1apple with peanut butter / 1katori bhel puri / green tea+any seasonal fruit

## DINNER-

**3DAYS-** boiled lobia saald / broccoli salad+50gms grill tofu

**2DAYS-** Mexican soup /moong dal idli+coconut chutney

**2 DAYS-** oats gheeya tikki+green chutney/ soya chunk salad

**BEDTIME-** 1cup warm water

### **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.

