

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup shatavari tea+2walnuts soaked

## BREAKFAST OPTIONS-

**2DAYS-** 1ragi chilla+amla chutney / sprouts chaat

**2DAYS-** hung curd sandwich /veg. vermicelli

**3DAYS-** oats chia pudding / oats upma

[you can have tea/coffee with breakfast if required] [use unsweetened almond milk or oats milk]

**MID- MORNING-** any seasonal fruit+2tsp seed mix / gond katira shikanji

## LUNCH-

**3DAYS-** 1bran/oats roti+anydal or sabji+salad+curd

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

**1Day-** 1moong dal prantha+any sabji+salad

**1Day-** meal of your choice

**EVENING SNACK-** milk tea/shatavri tea+ roasted chana/1apple with peanut butter

## **DINNER-**

**3DAYS-** Mexican salad/milk daliya

**2DAYS-** soya kakabs+green chutney /chickpea veggies salad

**2 DAYS-** moong dal idli+coconut chutney/methi dal

**BEDTIME-** 1cup 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]
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.



