

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup herbal tea+30gms seed mix

## **BREAKFAST OPTIONS-**

**3DAYS-** masala chaana sandwich/2sunny side up

**2DAYS-** 1besan gheya chilla+green chutney/veg. vermicelli

**2DAYS-** oats upma/ragi malt

[use unsweetened almond or oats milk]

**MID- MORNING-** any seasonal fruit/chia seed lemon water

## **LUNCH-**

**3DAYS-** 1roti+any sabji or dal+salad+curd [you can use bran,oats for roti]

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

**1Day-** 1peas prantha+curd+salad

**1Day-** meal of your choice

**EVENING SNACK-** cinnamon tea/milk tea+1protein bar [once or twice a week]/ makhana

## **DINNER-**

**3DAYS-** moong dal idli+coconut chutney/ chicken pasta

**2DAYS-** 1masoor dal wrap/egg bhurji+salad

**2 DAYS-** broccoli soup / oats khichdi

**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.

