

# 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-** 1glass warm ghee water/ 1glass Amla carrot beetroot juice

## BREAKFAST OPTIONS-

**2DAYS-** roasted chana chaat

**3DAYS-** overnight oats/ 1glass laxative smoothie

**2DAYS-** 2peanut butter toast/ hung curd sandwich

**2DAYS-** 1quinoa chilla+green chutney [add veggies]

**2DAYS-** ragi upma [add veggies] / 1glass debloat smoothie

**MID- MORNING-** chia seed coconut water/ any seasonal fruit+5almonds / gond katira shikanji

## **LUNCH-**

**3DAYS-** 1roti/ brown rice+any dal or sabji or gravy+salad+curd [use kala chana atta or ragi atta]

**2DAYS-** 1bowl lobia curry+salad+buttermilk /sprouts panner salad+buttermilk

**2Day-** meal of your choice/ beetroot pasta

**2DAYS –** 1 masoor dal wrap

**2DAYS-** steamed quinoa+rajma curry

**EVENING SNACK-** saunf tea+makhana/ 1glass cold coffee/ any seasonal fruit

## **DINNER-**

**3DAYS-** panner tikka+green chutney / grilled tofu+sautéed vegetable

**2DAYS-** soya chunk salad

**2 DAYS-** choco chia pudding/ oats khichdi+salad

**2DAYS-** ragi soup/ Mexican soup

**2DAYS-** 1glass sattv smoothie / boiled moong dal salad

**2DAYS –** mushroom pepper fry / methi dal

**BEDTIME-** 1glass water with 1tsp triphala powder

## **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] avoid adding excess of spices and oil in food.

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.

16. Sugar cravings you can have 1 date, 1 oats laddoo, 1 dry fruit laddoo, 1 spoon peanut butter,



