

# 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 methi seed water+2brazil nuts

## BREAKFAST OPTIONS-

**2DAYS-** chocolate smoothie/ rava upma

**2DAYS-** veg, upma / overnight oats

**3DAYS-** corn and spinach sandwich /1jowar chilla+green chutney

[you can have tea/coffee with breakfast]

**MID- MORNING-** any seasonal fruit/ coconut water

## LUNCH-

**3DAYS-** 1-2 roti+any dal or sabji+salad+curd/ egg roll

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

**1Day-** 2kulcha+chole+buttermilk+salad

**1Day-** meal of your choice

**EVENING SNACK-** curry leave tea/milk tea+roasted chana

**DINNER-**

**2DAYS-** mexican salad / makhana milk

**2DAYS-** beetroot pasta / millet khichdi+salad

**3 DAYS-** 1sprouts dosa+coconut chutney / quinoa veggies salad

**BEDTIME-** 1cup chamomile 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 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.

