

# 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 jeera ajwain water+2walnut soaked

## BREAKFAST OPTIONS-

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

**2DAYS-** 1besan gheya chilla+green chutney/ sattu shake

**2DAYS-** overnight oats

**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 /sprouts  
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-** 1sprouts dosa+coconut chutney / chicken pasta

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

**2 DAYS-** broccoli soup+2egg whites / chicken tikka+green chutney

**BEDTIME-** 1cup saunf tea

## **Snacking and munching options when you feel hungry-**

1. 1 bowl Popcorn
2. 1 bowl Makhana
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.

