

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 saung jeera water+2walnuts soaked

BREAKFAST OPTIONS-

2DAYS- mango chia pudding /veg poha

2DAYS- 2 ragi chilla+green chutney

3DAYS- oats in curd / hummus sandwich

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

MID- MORNING- coconut water /any seasonal fruit

LUNCH-

3DAYS- 1-2bran roti+any sabji or dal+salad+curd

3DAYS- any dal or curry+rice+salad+buttermilk

1Day- meal of your choice

EVENING SNACK- cinnamon tea+makhana

DINNER-

3DAYS- moong dal khichdi+salad / milk daliya

2DAYS- gheeya papalk soup+50gms grill tofu / soya chunk salad

2 DAYS- 2oats idli+sambhar/ 1besan toast+green chutney

BEDTIME- 1cup saunf tea

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.

