

# 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

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**MORNING DRINK-** 1glass black rains water [soak 5-6 raisins in water overnight]

## BREAKFAST OPTIONS-

**2DAYS-** ragi malt / 1oats chilla+amla chutney

**2DAYS-** oats chia pudding / veg, macroni

**3DAYS-** makhana dahi chaat/ veg. appe+coconut chutney

[you can have tea/coffee with breakfast]

**MID- MORNING-** 1glass chia seed water / bhel juice

## **LUNCH-**

**3DAYS-** 1-2roti+any sabji or dal+salad +curd [you can use any flour to make roti]

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

**1Day-** meal of your choice

**EVENING SNACK-** saunf tea+any seasonal fruit / pomegranate yogurt

## **DINNER-**

**3DAYS-** soya bhurji+salad/ 1veg. uttpam+sambhar

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

**2 DAYS-** mushroom soup+30gms grill panner /rajma tikka+green chutney

**BEDTIME-** 1glass triphla water [mix 1tsp triphla powder in warm water]

## **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,



