

# 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 cinnamon lemon water+5almonds soaked

## BREAKFAST OPTIONS-

**2DAYS-** 2peanut butter toast/ veg. poha

**2DAYS-** fruit custard/ oats in water+mix seeds

**3DAYS-** 1glass mango shake/ boiled egg sandwich

**[you can have tea/coffee with breakfast]**

**MID- MORNING-** 1glass gond katira shikanji / 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 / egg roll

**1Day-** meal of your choice

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

## **DINNER-**

**3DAYS-** moong dal idli+coconut chutney/ gheeya khher

**2DAYS-** 1ragi chilla+panner bhurji/ rajma veggies salad

**2 DAYS-** broccoli soup+2egg whites / 1besan toast+green chutney

**BEDTIME-** 1glass warm water+1tsp saunf

## **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 ladoo, 1 dry fruit ladoo, 1 spoon peanut butter,



