

# **WEIGHT LOSS DIET**

## **MEAL TIMMINGS-**

BREAKFAST- should be max by 10am

MID-MORNING- 12PM

LUNCH- 2:30PM

EVENING SNACK- 5:30PM

DINNER- 8-8:30PM

**MORNING DRINK-** 1glass ginger lemon water+2walnuts soaked

## **BREAKFAST OPTIONS-**

**2DAYS-** veg, appe+coconut chutney / 1oats chilla+green chutney

**2DAYS-** veg. upma

**3DAYS-** makhana chaat/1onion prantha+pickle

**MID- MORNING-** lemon chia seed water/any seasonal fruit

## **LUNCH-**

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

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

**2Days-** 1besan roti+panner bhurji+salad+buttermilk

**1Day-** meal of your choice

**EVENING SNACK-** coffee/milk tea+khakhra / 1glass cold coffee without sugar

## **DINNER-**

**3DAYS-** 2jowar chilla+green chutney/spinach wrap

**2DAYS-** kachumber salad/corn cucumber salad

**2 DAYS-** panner tikka+green chutney+salad/ milk daliya

**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] 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 1date, 1oats laddoo, 1dry fruit laddoo, 1spoon peanut butter,



