

# 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 herbal tea+2walnuts soaked

## BREAKFAST OPTIONS-

**2DAYS-** masala oats

**2DAYS-** chocolate smoothie/ veg. macroni

**3DAYS-** roasted chana chaat/ corn and spinach sandwich

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

**MID- MORNING-** coconut water / sattu drink

**LUNCH-**

**3DAYS-** 1bran/oats roti+anydal or sabji+salad+curd

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

**1Day-** meal of your choice

**EVENING SNACK-** milk tea/shatavri tea+makhana / mix fruit chaat

## **DINNER-**

**3DAYS-** sautéed vegetable+50gms grill tofu/ soya chunk salad

**2DAYS-** 1 plain dosa+sambhar / moong dal khichdi

**2 DAYS-** mushroom soup/ qunjoa chilla+green chutney

**BEDTIME-** 1cup 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]
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.



