

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup methi water + 1 black pepper

## **BREAKFAST OPTIONS-**

**2DAYS-** 1 curd sandwich

**2DAYS-** 1 bowl overnight oats with seeds

**3DAYS-** 1 beetroot Paratha with curd

[you can have tea/coffee if required]

## **MID- MORNING-**

1 glass Buttermilk

## **LUNCH-**

**3DAYS-** 1 bran roti + sabji + salad

**2DAYS-** 1 bowl masoor pulao with raita

**2Day-** 1 chilla + chutney

**EVENING SNACK-** milk tea/green tea

1. Makhana
2. Chana
3. Jowar puff

## **DINNER-**

**3DAYS-** 5 soya cutlet+ curd salad

**2DAYS-** 2 sprout chilla + chutney

**2 DAYS-** Rajma + rice

**BEDTIME-** 1cup jeera water

## **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.



