

# WEIGHT LOSS DIET

**MORNING DRINK-** 1cup curry leaves tea+2walnuts soaked

## BREAKFAST OPTIONS-

**2DAYS-** makhana dahi chaat/ 2peanut butter toast

**2DAYS-** 1glass banana smoothie / overnight oats

**3DAYS-** corn and spinach sandwich/ 1dal prantha+curd

[you can have tea/coffee if required]

**MID- MORNING-** coconut water/any seasonal fruit

## LUNCH-

**3DAYS-** 1bran roti+any dal or sabji+salad+curd [you can take buttermilk or yogurt also]

**2DAYS-** rice+any curry or dal+salad+curd [you can buttermilk or yogurt also]

**2Day-** as per your school menu [sambhar+1 dosa/ 2slice wheat pizza ]

**1Day-** meal of your choice

**EVENING SNACK-** milk tea/green tea+any seasonal fruit

## **DINNER-**

**3DAYS-** moong dal panner salad/ sautéed vegetables

**2DAYS-** sprouts dhokla+green chutney/ 2oats chilla+green chutney

**2 DAYS-** milk daliya / rajma veggies salad

**BEDTIME-** 1cup saunf tea

## **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.



