

**Early Morning:** 1 glass mint leaves water (Soak overnight)

**Breakfast:**

1. 2 mixed sprouts dosa + 1 bowl sambar
2. Oats moong toast (use 2 brown breads)
3. 1 bowl poha with sprouts (2 tbsp)
4. 2 boiled egg whites+100 ml milk(without sugar and malai)
5. Chicken wrap with veggies

**Mid morning:** 1 fruit (add 1 tsp seeds)

**Lunch & Dinner Options:**

1. 1 bowl 2 egg white/soyabean/chicken pulav + 1 katori raita
2. 1 dal/chickpea paratha + 1 bowl curd + 1 bowl salad
3. 1 bowl black chana/chicken salad/ragda chaat + 1 glass buttermilk
4. 1 bowl rajma dal with veggies + 1 glass buttermilk
5. 2 besan dal chilla with 1 katori curd + salad
6. 1 bowl salad +1 katori rice+1 katori dal/chicken curry + 1 katori rice (have this option only twice in a week)
7. Sprout dosa with chutney

**Evening Snack:**

1. 1 glass sattv water
2. 1 glass buttermilk
3. 1 cup roasted chana

**Bedtime:** 1 cup ajwain tea

## **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**

**ALL THE BEST!!**

### **Snacking and munching options when you feel hungry-**

**1 bowl Popcorn**

**1 bowl Makhanas**

**1 Fruit**

**1 glass Buttermilk**

### **Nuts- 2 almonds or 3 walnut halves**

**1 Cucumber (salads)**

**1 Plain khakhra**

**1 katori Roasted chana**

**1 bowl sukha Bhel**

**1 bowl jowar puffs Sweet Cravings:**

**1 date**

**1 fruit**

**1 dry fruits laddoo**

**1 oats laddoo**

**2 pieces of dark chocolate**

## **DOs / DONTs**

**Should have frequent and small meals.**

**Have at least 2-3 liters of water a day.**

**Have at least 7 hours of sleep daily.**

**Avoid the intake of sweetened drinks like colas, juices, etc.**

**Avoid adding salad dressing/mayo/any other type of sauces. [Only vinegar dressing is allowed] avoid adding excess of spices and oil in food.**

**For mid night cravings you can go for any fruit/roasted makhana/chana.**

**Vegetables - all seasonal vegetables are allowed except arbi. Potato is allowed only once a week.**

**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.**

**Oil – Not more than 3-4 Tbsp of oil (including ghee) in a day.**

**Do not add extra salt in salads, curd,fruit salad. Avoid papad.**

**Always use low fat milk and its products.**

**Any form of physical activity like walking, jogging, dancing, yoga etc. for at-least 40 mins for 5 days a week is highly recommended.**

**Choose multigrain / wheat bread**

**Limit your sugar intake to not more than 2 tsp a day or avoid it**

**Manage your stress and Do some deep breathing at any time of the day.**

**Sugar cravings you can have 1date, 1oats laddoo, 1dry fruit laddoo, 1spoon peanut butter,**