

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

**Breakfast:**

2 days : 2 mixed sprouts dosa + 1 bowl sambar/ millet upma

2 days: Oats moong toast (use 2 brown breads) / Makhana smoothie

2 days: 1 bowl poha/ 1 beetroot besan chilla

1 day: 1 bowl overnight soaked oats

**Mid morning:** 1 fruit (add 1 tsp seeds) or Amla juice or sattv drink

**Lunch Options:**

1. 1 bowl sprouts pulav + 1 katori raita or soyabean pulao

2. 1 paneer paratha + 1 bowl curd + 1 bowl salad

3. 1 bowl sprouts salad + 1 glass buttermilk

4. 1 bowl rajma dal with veggies + 1 glass buttermilk

**Evening Snack:**

1. 1 glass sattv water

2. 1 glass buttermilk

3. 1 cup roasted chana

Dinner:

2 besan dal chilla with 1 katori curd/ oats chilla

1 Grilled mushroom sandwich/ paneer sandwich

1 bowl Bean and tofu salad/ oats fruit smoothie

**Bedtime:** 1 cup milk

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 ladoo  
1 oats ladoo  
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 ladoo, 1dry fruit ladoo, 1spoon peanut butter,