

## Diet plan for obesity patient

Sunday	
Breakfast (8:00-8:30AM)	3 egg whites + 1 toasted brown bread + 1/2 cup low fat <u>milk</u> (no <u>sugar</u> )
Mid-Meal (11:00-11:30AM)	1 cup <u>papaya</u>
Lunch (2:00-2:30PM)	1 cup arhar dal + 1 chapatti + 1/2 cup low fat curd + salad
Evening (4:00-4:30PM)	1 cup vegetable soup
Dinner (8:00-8:30PM)	1 cup pumpkin + 1 chapatti + salad
Monday	
Breakfast (8:00-8:30AM)	1 onion stuffed chapatti + 1/2 cup low fat curd
Mid-Meal (11:00-11:30AM)	1 cup coconut water
Lunch (2:00-2:30PM)	1 cup moong dal/ chicken curry + 1 chapatti + salad
Evening (4:00-4:30PM)	1 cup pomegranate
Dinner (8:00-8:30PM)	1 cup beans + 1 chapatti + salad
Tuesday	

Breakfast (8:00-8:30AM)	2 besan cheela + 1/2 cup low fat curd
Mid-Meal (11:00-11:30AM)	1 apple
Lunch (2:00-2:30PM)	1 cup masoor dal + 1 chapatti + 1/2 up low fat curd + salad
Evening (4:00-4:30PM)	1 cup tomato soup
Dinner (8:00-8:30PM)	1 cup carrot peas vegetable +1 chapatti + salad
<b>Wednesday</b>	
Breakfast (8:00-8:30AM)	1 cup vegetable brown bread upma + 1/2 cup low fat milk (no sugar)
Mid-Meal (11:00-11:30AM)	1 cup musk melon
Lunch (2:00-2:30PM)	1 cup rajma curry + 1 chapatti + salad
Evening (4:00-4:30PM)	1 cup vegetable soup
Dinner (8:00-8:30PM)	1 cup parwal vegetable + 1 chapatti + salad
<b>Thursday</b>	
Breakfast (8:00-8:30AM)	1 cucumber hungcurd sandwich + 1/2 tsp green chutney + 1 orange
Mid-Meal (11:00-11:30AM)	1 cup buttermilk

Lunch (2:00-2:30PM)	1 cup white chana/ fish curry + 1 chapatti + salad
Evening (4:00-4:30PM)	1 cup low fat milk (no sugar)
Dinner (8:00-8:30PM)	1 cup cauliflower vegetable + 1 chapatti + salad
<b>Friday</b>	
Breakfast (8:00-8:30AM)	1 cup vegetable poha + 1 cup low fat curd
Mid-Meal (11:00-11:30AM)	1 cup watermelon
Lunch (2:00-2:30PM)	1 cup chana dal + 1 chapatti + salad
Evening (4:00-4:30PM)	1 cup sprouts salad
Dinner (8:00-8:30PM)	1 cup tinda vegetable + 1 chapatti + salad
<b>Saturday</b>	
Breakfast (8:00-8:30AM)	1 cup low fat milk with oats + 3-4 strawberries
Mid-Meal (11:00-11:30AM)	1 cup coconut water
Lunch (2:00-2:30PM)	1 cup soybean curry + 1 chapatti + 1/2 cup low fat curd + salad
Evening (4:00-4:30PM)	1 cup fruit salad

Dinner (8:00- 8:30PM)	1 cup ghia vegetable + 1 chaptti + salad
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## **Do's And Dont's While following Diet Plan for Obesity**

Try to avoid these food items if you are following obesity diet plan:

1. Rely on soft drinks, sweetened cereals, cookies and cakes, donuts and pastries, chips, and confectionery to get you through the day.
2. Don't skip meals. This will tempt you to snack and DO NOT snack between meals
3. Avoid eating quickly. Sit and chew each bite. Try using chopsticks!
4. Don't food shop when you're hungry.
5. Don't eat more than two or three pieces of fruit per day