

## Diet Plans for Over-Weight

Sunday	
Breakfast (8:00-8:30AM)	3 egg whites + 1 toasted brown bread + 1/2 cup <u>low fat milk</u> (no <u>sugar</u> )
Mid-Meal (11:00-11:30AM)	1 cup papaya
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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## **Diet Chart for Weight loss patients : Do's And Dont's**

### **Don'ts Do During Weight Loss Plan**

1. Dont Starve Youself
2. Dont Drink Ton of Alcohol
3. Dont Think Short Term
4. Dont Deprive Yourself of Indulges

### **Do's**

1. Regularly Eat Clean, Healthy Foods
2. Drink a Ton Water
3. Create a Meal Plan for Each Week
4. Have Willpower