



# Dt. Fatima Zahid

Doctor of Human Nutrition

Date: 05-05-2021

Patient name: Amna

Current weight: 75 kgs

## DIET CHART

TIMING	FOOD ITEM	CALORIES
PRE BREAKFASTS	3 Dates Or 2 medium apples	60
BREAKFAST	1 egg with 1/2 cup vegetable (omelette) and 1 chappati cooked in 1 tbsp butter or desi ghee	285
MORNING SNACK	1 cup chia pudding (chia seeds, honey, yoghurt) Or 1 cup vegetable salad Or 1/2 cup fresh fruit juice	250
LUNCH	1 chapati 1/2 cup cooked meat or 6 oz chicken (approx. 1 small chicken piece) 1 cup salad 1 tbsp yoghurt	300
EVENING SNACK	Half cup tea without sugar with a whole wheat cookie or 1 shami kabab	100
DINNER	1 cup cooked rice ( pulao biryani or veg. rice) 1/2 cup boiled rice with 1/2 cup cooked lentils	150
BEDTIME SNACK	1 cup skim milk	80
TOTAL CALORIES		1225

### FOODS TO AVOID:

1. All carbonated beverages canned and packaged juices.
2. Avoid ice cold water, drink water at room temperature, you can use detox water.
3. Avoid all kind of bakery items, you can only use 2 slices of brawn bread.
4. Don't take fast food for at least three months, or you are allowed to take 1 small slice of pizza once a month as a cheat day
5. You can take green tea without sugar for rapid weight loss.
6. Do walk for 30 minutes daily or exercise (cardio or cycling) for 30-45 minutes daily
6. **Nutrifactor vitamax women nutrition supplement 1 tab. daily**

FATIMA'S DIET HOUSE