OBESE 60 NUTRITION PLAN



CREATED BY GYMNASIUM

Millions of People are suffereing from Obesity around the world.





Suffering from Obesity



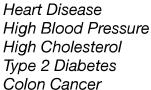
1 out of 6 Childern

Suffering from Obesity

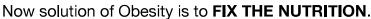


The high risk of health problems are

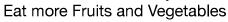




In India, people eat more calories and their physical activity is less. Back in 90's majority of peole were slim because at that time Fast Food, processed food hasn't hit the India market compare to this dacade. People used to eat home made fresh food at home and work. Today Indian market is full of processed food, Fast Food, international junk food franchsee, unhealthy resturant, etc, now people eat out alot and even they order these junk fod at home. All these food are poor in quality, loaded with unhealthy fats and oil, high salty food, high sugary food, etc which makes people unheathy and sick. On top of that people sit front of TV, computer for hours and hours with no physical activity.







Reduce the unhealthy fatty food

Avoid soft drinks, packed juices and drink plenty of water instead.

Eat well cooked home made food rather than eating out.



Secondly we need to add **PHYSICAL ACTIVITY**Morning Walk
Evening Walk at the park
Jogging, Gym workout
Yoga
Body Weight Home workout



OBESE 60 NUTRITION PLAN

	MONDAY & THURSDAY	TUESDAY / FRIDAY & SUNDAY	WEDNESDAY & SATURDAY
WATER	500ML UPON WAKING UP	500ML UPON WAKING UP	500ML UPON WAKING UP
BREAKFAST 8AM	- WHOLE GRAIN CEREALS - LOW FAT MILK	- 2 SLICE BREAD - LOW FAT MILK	- 2 EGG OMELETE - LOW FAT MILK
WATER	250ML 30MIN AFTER BREAKFST	250ML 30MIN AFTER BREAKST	250ML 30MIN AFTER BREAKFST
	250ML 30MIN BEFORE SNACK	250ML 30MIN BEFORE SNACK	250ML 30MIN BEFORE SNACK
SNACK	- 1 APPLE	- 1 CUP GRAPES	- 1 ORANGE
11AM	- 1 PEAR	- 1 KIWI	- 1 CUP PAPAYA
WATER	250ML 30MIN AFTER SNACK	250ML 30MIN AFTER SNACK	250ML 30MIN AFTER SNACK
	250ML 30MIN BEFORE LUNCH	250ML 30MIN BEFORE LUNCH	250ML 30MIN BEFORE LUNCH
LUNCH 2PM	- 1 BOWL LENTIL - 1 ROTI - 1 PLATE MIXED SALAD	- 1 BOWL RAJAMA - 1 ROTI - 1 PLATE MIXED SALAD	- 1 BOWL CHANNE - 1 ROTI - 1 PLATE MIXED SALAD
WATER	250ML 30MIN AFTER LUNCH	250ML 30MIN AFTER LUNCH	250ML 30MIN AFTER LUNCH
	250ML 30MIN BEFORE SNACK	250ML 30MIN BEFORE SNACK	250ML 30MIN BEFORE SNACK
SNACK	- 20 ALMONDS	- 4 FULL WALNUTS	- 20 CASHEWS
5PM	- 1 CUP COFFEE/TEA	- 1 CUP COFFEE/TEA	- 1 CUP COFFEE/TEA
WATER	250ML 30MIN AFTER SNACK	250ML 30MIN AFTER SNACK	250ML 30MIN AFTER SNACK
	250ML 30MIN BEFORE DINNER	250ML 30MIN BEFORE DINNER	250ML 30MIN BEFORE DINNER
DINNER 8PM	1 BOWL GREEN BEANS1 ROTI1 PLATE MIXED SALAD	1 BOWL BELL PEPPER1 ROTI1 PLATE MIXED SALAD	1 BOWL PANEERBHURJI & PEAS1 ROTI1 PLATE MIXED SALAD
WATER	250ML 30MIN AFTER DINNER	250ML 30MIN AFTER DINNER	250ML 30MIN AFTER DINNER

POST	- 250ML MILK	- 4 BOILED EGG	- 250ML MILK
WORKOUT		WHITES	- 2 BOILED EGG WHITES
NOTE: WHENEVER YOU WORKOUT JUST TAKE THIS AFTE EXERCISE	250ML WATER SIP IT DURING	250ML WATER SIP IT DURING WORKOUT	250ML WATER SIP IT DURING WORKOUT

IMPORTANT TIPS

- 1. Do not put yourself in starvation mode, Eat meal in every 2.5 to 3 hours. We have to kick start the metabolism, if we skip meals then our metalbolism will drop down and cause weight gain.
- 2. If you are Non Vegetarian then you can also add eggs in the morning, grilled chicken in the afternoon.
- 3. At lunch, plain yogurt can be added.
- 4. Variary of other seasonal vegetables can be added as well, like: Spincah, carrots, raddish, cabbage, cauliflower, mashrooms, etc.
- 5. Use Pure Olive oil for cooking instead of ghee, refind oil, or mustard oil. Getting fat from oil in moderation is Key to loose weight and staying heart healthy in future.
- 6. Coffee can be added once a day. Green Tean can be added 1-2 times as well.
- 7. No need to add any supplement. Only Multivitamins and Omega 3 supplements can be added and that OPTIONAL.