

# ***OBESE 60 NUTRITION PLAN***



CREATED BY GYMNASIUM

Millions of People are suffering from Obesity around the world.



1 out of 3 Adults

Suffering from Obesity



1 out of 6 Children

Suffering from Obesity



### The high risk of health problems are



*Heart Disease*

*High Blood Pressure*

*High Cholesterol*

*Type 2 Diabetes*

*Colon Cancer*

In India, people eat more calories and their physical activity is less. Back in 90's majority of people were slim because at that time Fast Food, processed food hasn't hit the India market compare to this decade. 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 franchisee, unhealthy restaurant, etc, now people eat out a lot and even they order these junk food 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 unhealthy and sick. On top of that people sit front of TV, computer for hours and hours with no physical activity.

Now solution of Obesity is to **FIX THE NUTRITION.**



Eat more Fruits and Vegetables

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
<b>WATER</b>	500ML UPON WAKING UP	500ML UPON WAKING UP	500ML UPON WAKING UP
<b>BREAKFAST 8AM</b>	- WHOLE GRAIN CEREALS - LOW FAT MILK	- 2 SLICE BREAD - LOW FAT MILK	- 2 EGG OMELETE - LOW FAT MILK
<b>WATER</b>	250ML 30MIN AFTER BREAKFAST 250ML 30MIN BEFORE SNACK	250ML 30MIN AFTER BREAKFAST 250ML 30MIN BEFORE SNACK	250ML 30MIN AFTER BREAKFAST 250ML 30MIN BEFORE SNACK
<b>SNACK 11AM</b>	- 1 APPLE - 1 PEAR	- 1 CUP GRAPES - 1 KIWI	- 1 ORANGE - 1 CUP PAPAYA
<b>WATER</b>	250ML 30MIN AFTER SNACK 250ML 30MIN BEFORE LUNCH	250ML 30MIN AFTER SNACK 250ML 30MIN BEFORE LUNCH	250ML 30MIN AFTER SNACK 250ML 30MIN BEFORE LUNCH
<b>LUNCH 2PM</b>	- 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
<b>WATER</b>	250ML 30MIN AFTER LUNCH 250ML 30MIN BEFORE SNACK	250ML 30MIN AFTER LUNCH 250ML 30MIN BEFORE SNACK	250ML 30MIN AFTER LUNCH 250ML 30MIN BEFORE SNACK
<b>SNACK 5PM</b>	- 20 ALMONDS - 1 CUP COFFEE/TEA	- 4 FULL WALNUTS - 1 CUP COFFEE/TEA	- 20 CASHEWS - 1 CUP COFFEE/TEA
<b>WATER</b>	250ML 30MIN AFTER SNACK 250ML 30MIN BEFORE DINNER	250ML 30MIN AFTER SNACK 250ML 30MIN BEFORE DINNER	250ML 30MIN AFTER SNACK 250ML 30MIN BEFORE DINNER
<b>DINNER 8PM</b>	- 1 BOWL GREEN BEANS - 1 ROTI - 1 PLATE MIXED SALAD	- 1 BOWL BELL PEPPER - 1 ROTI - 1 PLATE MIXED SALAD	- 1 BOWL PANEER BHURJI & PEAS - 1 ROTI - 1 PLATE MIXED SALAD
<b>WATER</b>	250ML 30MIN AFTER DINNER	250ML 30MIN AFTER DINNER	250ML 30MIN AFTER DINNER

<b>POST WORKOUT</b>	- 250ML MILK	- 4 BOILED EGG WHITES	- 250ML MILK - 2 BOILED EGG WHITES
<b>NOTE:</b> WHENEVER YOU WORKOUT JUST TAKE THIS AFTER EXERCISE	250ML WATER SIP IT DURING WORKOUT	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 metabolism 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. Variety of other seasonal vegetables can be added as well, like: Spinach, carrots, radish, cabbage, cauliflower, mushrooms, etc.
5. Use Pure Olive oil for cooking instead of ghee, refined oil, or mustard oil. Getting fat from oil in moderation is Key to lose weight and staying heart healthy in future.
6. Coffee can be added once a day. Green Tea 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.