**Diet Chart**

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| **Sunday** | |
| Breakfast (8:00-8:30AM) | Aloo Paratha (2) + Raita (1 cup) |
| Mid-Meal (11:00-11:30AM) | Fruit Salad (1 cup) + Tender Coconut Water (1 glass) |
| Lunch (2:00-2:30PM) | 1 cup moong dal + 1 cup bhindi + 2 chapatti + salad |
| Evening (4:00-4:30PM) | Tea / Coffee (1 cup) + Boiled Chana Chat (1 cup) |
| Dinner (8:00-8:30PM) | Chapati (2) + Jeera Aloo (1 cup) |
| **Monday** | |
| Breakfast (8:00-8:30AM) | Chapati (2) + Daal (1 cup) |
| Mid-Meal (11:00-11:30AM) | Fruit Salad (1 cup) + Tender Coconut Water (1 glass) |
| Lunch (2:00-2:30PM) | 1 cup rajma + 1 cup gobhi aloo + 1 cup cucumber raita + 1 cup rice + 1 chapatti + onion salad |
| Evening (4:00-4:30PM) | Tea/ Coffee (1 cup) + Aloo Chat (1 cup) |
| Dinner (8:00-8:30PM) | Chapati (2) + Mix Veg. |
| **Tuesday** | |
| Breakfast (8:00-8:30AM) | Cheela (2) + Raita (1 cup) |
| Mid-Meal (11:00-11:30AM) | Fruit Salad (1 cup) + Tender Coconut Water (1 glass) |
| Lunch (2:00-2:30PM) | 1 cup chicken curry + 1 cup boiled rice + 2 chapatti + salad |
| Evening (4:00-4:30PM) | Tea/ Coffee (1 cup) + Papri Chat (1 cup) |
| Dinner (8:00-8:30PM) | Chapati (2) + Fish Curry (1 cup) |
| **Wednesday** | |
| Breakfast (8:00-8:30AM) | Veg. Poha (1 cup) + Raita (1/2 cup) |
| Mid-Meal (11:00-11:30AM) | Fruit Salad (1 cup) + Tender Coconut Water (1 glass) |
| Lunch (2:00-2:30PM) | 1 cup white chana + palak paneer + 1 cup rice + 1 chapatti + salad |
| Evening (4:00-4:30PM) | Tea/ Coffee (1 cup) + Mur-mure Chat (1 cup) |
| Dinner (8:00-8:30PM) | Chapati (2) + Mustard Greens (1 cup) |
| **Thursday** | |
| Breakfast (8:00-8:30AM) | Aloo Paratha (2) + Raita (1 cup) |
| Mid-Meal (11:00-11:30AM) | Fruit Salad (1 cup) + Tender Coconut Water (1 glass) |
| Lunch (2:00-2:30PM) | 1 cup soybean curry + 1 cup tinda vegetable + 2 chapatti + salad |
| Evening (4:00-4:30PM) | Tea/ Coffee (1 cup) + Boiled Chana Chat (1 cup) |
| Dinner (8:00-8:30PM) | Chapati (2) + Bottle Gourd Curry (1 cup) |
| **Friday** | |
| Breakfast (8:00-8:30AM) | Chapati (2) + Daal (1 cup) |
| Mid-Meal (11:00-11:30AM) | Fruit Salad (1 cup) + Tender Coconut Water (1 glass) |
| Lunch (2:00-2:30PM) | 1 cup fish curry + 1 cup boiled rice + 1 chapatti + 1 cup ghia raita + salad |
| Evening (4:00-4:30PM) | Tea/ Coffee (1 cup) + Aloo Chat (1 cup) |
| Dinner (8:00-8:30PM) | Chapati (2) + Matar n Mushroom Curry (1 cup) |
| **Saturday** | |
| Breakfast (8:00-8:30AM) | Veg Upma (1 cup) + Raita (1/2 cup) |
| Mid-Meal (11:00-11:30AM) | Fruit Salad (1 cup) + Tender Coconut Water (1 glass) |
| Lunch (2:00-2:30PM) | 1 cup chicken curry + 1 cup rice + salad |
| Evening (4:00-4:30PM) | Tea/ Coffee (1 cup) + Papri Chat (1 cup) |
| Dinner (8:00-8:30PM) | Chapati (2) + Kofta (1 cup) |

**Food Items To Limit**

1. Avoid candy, soda, [sugar](https://www.lybrate.com/topic/sugar), white rice, white pasta, white bread, sweet syrup, breakfast cereal, desserts, and pastries contain simple carbohydrates.
2. Avoid margarine, butter, eggs, [milk](https://www.lybrate.com/topic/milk-dudh-benefits-and-side-effects), cheese, and red meat are high in saturated fat.
3. Avoid eating red meat as it contains high levels of saturated fat that shoot up the cholesterol levels in the blood.
4. Avoid eating fried foods such as fried chicken, deep fried foods, and potato fries.
5. Avoid alcohol
6. Avoid aerated and artificially sweetened drinks.

**Do's And Don’ts**

Do's:

1. Eat Healthy Fat to Lose Weight
2. Eat 2-3 hours before going to sleep
3. Make Healthy Swaps
4. Follow Smart Tips for Dining Out

Don'ts:

1. Don't starve yourself
2. Don’t dehydrate yourself
3. Don’t eat if you are not hungry
4. Don’t eat too much saturated fat

**Food Items You Can Easily Consume**

1. Non-starchy fruits and vegetables
2. Complex carbohydrates, found in whole grain bread and pasta, bran, etc.
3. Use [olive oil](https://www.lybrate.com/topic/benefits-of-olive-oil-and-its-side-effects), [vegetable oil](https://www.lybrate.com/topic/benefits-of-vegetable-oil-and-its-side-effects), [rice bran oil](https://www.lybrate.com/topic/rice-bran-oil-benefits-and-side-effects), canola oil, mustard oil, and peanut oil.
4. Eat lentils, beans, soy, mushroom, tofu, fish, turkey, chicken breast, and lean cuts of beef.
5. Have five or six small meals throughout the day.
6. Eat a heavy breakfast.