**HealthaFit**

**Diet plan for obesity patient**

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| **Sunday** | |
| Breakfast (8:00-8:30AM) | 3 egg whites + 1 toasted brown bread + 1/2 cup low fat [milk](https://www.lybrate.com/topic/milk-dudh-benefits-and-side-effects) (no [sugar](https://www.lybrate.com/topic/sugar)) |
| Mid-Meal (11:00-11:30AM) | 1 cup [papaya](https://www.lybrate.com/topic/papaya-papita-benefits-and-side-effects) |
| 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 |
| **Wednesday** | |
| 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 |
| **Thursday** | |
| Breakfast (8:00-8:30AM) | 1 cucmber 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 |
| **Friday** | |
| 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 |
| **Saturday** | |
| 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 |

**Do's And Dont's While following Diet Plan for Obesity**

Try to avoid these food items if you are following obesity diet plan:

1. Rely on soft drinks, sweetened cereals, cookies and cakes, donuts and pastries, chips, and confectionery to get you through the day.
2. Don't skip meals. This will tempt you to snack and DO NOT snack between meals
3. Avoid eating quickly. Sit and chew each bite. Try using chopsticks!
4. Don't food shop when you're hungry.
5. Don't eat more than two or three pieces of fruit per day