**HealthaFit**

**Diet Plans for Over-Weight**

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| **Sunday** | |
| Breakfast (8:00-8:30AM) | 3 egg whites + 1 toasted brown bread + 1/2 cup [low fat](https://www.lybrate.com/topic/low-fat-diet) [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 |
| 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 |

**Diet Chart for Weight loss patients : Do's And Dont's**

Don'ts Do During Weight Loss Plan

1. Dont Starve Youself
2. Dont Drink Ton of Alcohol
3. Dont Think Short Term
4. Dont Deprive Yourself of Indulges

Do's

1. Regularly Eat Clean, Healthy Foods
2. Drink a Ton Water
3. Create a Meal Plan for Each Week
4. Have Willpower