

Simmi Ji Diet Plan

calories 1000-1200 kcal Protein 75g

Fiber 25-30g Fat 35-40g Carbs- 150g

Name – Simmi Ji (Hardik's mom)

Age- 54

Gender- Female

Height- 163 cm

Weight- 94 kg

BMI- 35.4 (obese II)

Medical condition (If Any)- Thyroid, HTN

Medications (If Any)- For Thyroid 50 mcg, HTN

Deficiency- Vitamin D

Profession- Home maker

Live with family or alone – family

Lifestyle- Active

Target- Already lost 18 kgs with some other dietician, now wants to lose 10 kgs weight further

GOALS:

S – Specific

M- Measureable-

A – Achievable

R- Relevant

T- Time Bound

- 1) Add small frequent meals.
- 2) Add Trifala powder in routine.
- 3) Increase Protein intake.

Wake up – 8 am

Overnight soaked trifala water strain it in the morning and have it empty stomach.

Breakfast – 10 am:

1 small Paneer stuffed moong dal cheela + low fat curd

Or

curd with fruit and nuts + seeds 1 big bowl

Or

Sprouted moong 1 big bowl with paneer (50g)

Or

2-piece air fried vegetable cutlet + curd

Or

1 Avocado toast + green tea

Or

2 small Vegetable idli + sambhar + peanut chutney

Or

Apple with 1 teaspoon unsweetened peanut butter

Mid –morning 12:30pm:

Seasonal Fruit + 1 tbs mixed seeds + coconut water/buttermilk

Lunch 2:30pm:

Moong dal + Rice + Salad + raita or curd

Or

Quinoa 1 small bowl with veggies + salad + raita or curd

Or

100g any paneer preparation + 1 Roti + salad

Or

Rajma 150g + rice + salad + curd or raita

Or

Kadi medium bowl + rice 1 small bowl + salad

Or

1 chapati + mixed dal + bhindi ki sabji + low fat curd+ salad

Or

1 chapati + low fat curd + salad + masoor dal + mix veg

Or

Matar makhana sabji + 1 chapati + salad + raita

Or

Soya chunks curry + rice + salad + curd

Or

Paneer pulao 150g + curd 150g + salad big plate

Pre workout 4pm:

Walnut 2 + 6 soaked and peeled almonds with lavender tea

Evening snacks 5pm:

Roasted Chana (Add lemon, chili powder, or chat masala for taste) + green tea

Or

Sprouted Moong Chat (with onion, tomato, coriander, lemon juice, and spices) + green tea

Or

Hummus with veggie + green tea

Or

Makhana 50g + green tea

or

Roasted peanut 30g + green tea

Or

Sweet corn chat + green tea

Dinner 7:30pm:

Tomato soup + salad

Or

Dal soup + salad

Or

Vegetable soup

Or

Saute veggies with paneer

Or

Spinach soup

Bed time 10pm

Chamomile tea

Late night munching options:

Protein bar- half

or

Trail mix 2 tbs

Or

Nuts and seeds homemade balls (1)

Or

Apple with unsweetened peanut butter

or

Moong dal chips (air fried)

Or

Beetroot chips (air fried)

Important Points-

- 1) Check weight every 10 days' empty stomach in the morning (avoid if constipated, bloated)
- 2) Take whole body measurements once a month in the morning empty stomach.
- 3) Update about your meals on WhatsApp
- 4) Stay connected as much as possible for better consistency.
- 5) Be watchful of the portion size (most important)

Portion size reference

1 glass- 250 ml

1 small bowl – 150 g

1 medium bowl- 250 g

1 big bowl – 350 g

1 tsp- 5 g

1 tbs- 15g

Dietician – Sheetal