

Nutrition schedule for obese people

Breakfast:	<ul style="list-style-type: none"> • Protein source: Eggs, Greek yogurt, or a protein smoothie with spinach and berries • Whole grain carbs: Whole grain toast or oatmeal (Small quantity) • Fruit: Berries, apple, or banana
Mid-Morning Snack:	<ul style="list-style-type: none"> • Handful of nuts or seeds • Veggie sticks with hummus
Lunch:	<ul style="list-style-type: none"> • Lean protein: Grilled chicken, fish, tofu, or legumes • Controlled portions of complex carbs: Quinoa, brown rice, or whole grain wraps/bread • Lots of vegetables: Salad or mixed veggies
Afternoon Snack:	<ul style="list-style-type: none"> • Greek yogurt with a sprinkle of granola and fruits (Small quantity) • Whole grain crackers with cottage cheese
Dinner :	<ul style="list-style-type: none"> • Lean protein: Similar options as lunch • Controlled portions of complex carbs: Sweet potatoes, whole grain pasta, or barley • Vegetables: Steamed veggies
Evening Snack :	<ul style="list-style-type: none"> • Air-popped popcorn or a small portion of nuts/seeds (Small quantity) • Sliced vegetables with a light dip