

## Diet Chart

Sunday	
Breakfast (8:00-8:30AM)	2 aloo parantha + 1 cup curd + 6 almonds
Mid-Meal (11:00-11:30AM)	Pomegranate (1 cup) + 1 Guava
Lunch (2:00-2:30PM)	Parboiled Rice (1 cup)/ 3 Chapatis + Veg. curry (1/2 cup) + Daal (1/2 cup) + 1/4th fresh lemon + salad
Evening (4:00-4:30PM)	Green Tea (1 cup) with 1/2 tsp honey + 1 cup soybean chaap
Dinner (8:00-8:30PM)	2 Chapatti + Chicken stew (1 cup) + salad
Monday	
Breakfast (8:00-8:30AM)	Soy Milk 1 cup + 1 cup Cornflakes + Ripe Banana (1)
Mid-Meal (11:00-11:30AM)	1 Orange + Grapes (1 cup)
Lunch (2:00-2:30PM)	Parboiled Rice (1 cup)/ 3 Chapatis + Veg. curry (1/2 cup) + Daal (1/2 cup) + 1/4th fresh lemon + salad
Evening (4:00-4:30PM)	Green Tea (1 cup) with 1/2 tsp honey + 4 Almonds + 5-6 Raisins
Dinner (8:00-8:30PM)	2 Chapati + Veg. Curry (1 cup) + salad
Tuesday	
Breakfast (8:00-8:30AM)	Veg. Sandwich (2) + Orange juice (1 cup)

Mid-Meal (11:00-11:30AM)	Pomegranate (1 cup) + 1 Guava
Lunch (2:00-2:30PM)	Parboiled Rice (1 cup)/ 3 Chapatis + Veg. curry (1 cup) + Daal (1 cup) + 1/4th fresh lemon + salad
Evening (4:00-4:30PM)	Green Tea (1 cup) with 1/2 tsp honey + 4 Almonds + 5-6 Raisins + 4 walnuts
Dinner (8:00-8:30PM)	2 Chapatti + Chicken stew (1 cup) + salad
<b>Wednesday</b>	
Breakfast (8:00-8:30AM)	2 paneer parantha + 1 cup curd + 6 almonds
Mid-Meal (11:00-11:30AM)	1 Orange + Grapes (1 cup)
Lunch (2:00-2:30PM)	Parboiled Rice (1 cup)/ 3 Chapatis + Veg. curry (1/2 cup) + Daal (1/2 cup) + 1/4th fresh lemon + salad
Evening (4:00-4:30PM)	Green Tea (1 cup) with 1/2 tsp honey + 1 cup paneer tikka
Dinner (8:00-8:30PM)	2 Chapati + Veg. Curry (1 cup) + salad
<b>Thursday</b>	
Breakfast (8:00-8:30AM)	Soy Milk 1 cup + 1 cup Cornflakes + Ripe Banana (1)
Mid-Meal (11:00-11:30AM)	Pomegranate (1 cup) + 1 Guava
Lunch (2:00-2:30PM)	Parboiled Rice (1 cup)/ 3 Chapatis + Veg. curry (1 cup) + Daal (1 cup) + 1/4th fresh lemon + salad

Evening (4:00-4:30PM)	Green Tea (1 cup) with 1/2 tsp honey + 4 Almonds + 5-6 Raisins
Dinner (8:00-8:30PM)	2 Chapatti + Chicken stew (1 cup) + salad
<b>Friday</b>	
Breakfast (8:00-8:30AM)	Veg. Sandwich (2) + Orange juice (1 cup)
Mid-Meal (11:00-11:30AM)	1 Orange + Grapes (1 cup)
Lunch (2:00-2:30PM)	Parboiled Rice (1 cup)/ 3 Chapatis + Veg. curry (1 cup) + Daal (1 cup) + 1/4th fresh lemon + salad
Evening (4:00-4:30PM)	Green Tea (1 cup) with 1/2 tsp honey + 4 Almonds + 5-6 Raisins
Dinner (8:00-8:30PM)	2 Chapati + Veg. Curry (1 cup) + salad
<b>Saturday</b>	
Breakfast (8:00-8:30AM)	2 dal parantha + 1 cup curd + 6 almonds
Mid-Meal (11:00-11:30AM)	Pomegranate (1 cup) + 1 Guava
Lunch (2:00-2:30PM)	Parboiled Rice (1 cup)/ 3 Chapatis + Veg. curry (1/2 cup) + Daal (1/2 cup) + 1/4th fresh lemon + salad
Evening (4:00-4:30PM)	Green Tea (1 cup) with 1/2 tsp honey + 4 Almonds + 5-6 Raisins + 4 walnuts
Dinner (8:00-8:30PM)	2 Chapatti + Chicken stew (1 cup) + salad

## **Food Items To Limit**

1. Avoid candy, soda, sugar, white rice, white pasta, white bread, sweet syrup, breakfast cereal, desserts, and pastries contain simple carbohydrates.
2. Avoid margarine, butter, eggs, milk, 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 Dont's**

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. Dont dehydrate yourself
3. Dont eat if your are not hungry
4. Dont 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, vegetable oil, rice bran oil, 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