

Diet Plans for Weight Loss

Sunday	
Breakfast (8:00-8:30AM)	3 egg whites + 1 toasted brown bread + 1/2 cup low fat milk (no 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 cucumber 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

Food Items You Can Easily Consume

1. Avocado: While avocados are higher in calories than other fruits and vegetables, their satisfying fat and fiber combo may help you slim down.
2. Eggs: Eating a high-protein breakfast promotes weight loss, because protein increases satiety while regulating hunger and appetite hormones, helping fend off your hunger until lunchtime.
3. Beans: All beans are high in fiber, which is your friend when you're trying to lose weight because it helps you feel fuller longer, thus controlling hunger.
4. Yogurt: Yogurt is protein-packed and full of probiotics, which are good for gut health and may help your weight-loss efforts. Your gut health can impact your weight, and eating more fiber and probiotics helps keep your gut bacteria happy, which can be good for your metabolism.
5. Salmon: Salmon is a rich source of high-quality protein and provides plenty of "good" fats: omega-3 fatty acids which helps people feel more satisfied when they were watching their calories.
6. Fruit: Higher fruit consumption was associated with lower risk of becoming overweight or obese, independent of vegetable or fiber intake—though including fruit as part of a healthy diet overall is always the best strategy.
7. Popcorn: As long as this popular crunchy treat isn't doused in movie-theater butter, it makes an excellent weight-loss snack. Popcorn is

filled with air, so you get a pretty large portion without a lot of calories.

8. Almonds: Almonds are an excellent source of fiber, and they're high in protein. Eating foods with the one-two punch of fiber and protein can help you feel fuller longer—which makes it less tempting to reach for an unhealthy snack between meals.