

Diet plan for obesity patient

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

Do's And Dont's While following Diet Plan for Obesity

Try to avoid these food items if you are following obesity diet plan:

1. Rely on soft drinks, sweetened cereals, cookies and cakes, donuts and pastries, chips, and confectionery to get you through the day.
2. Don't skip meals. This will tempt you to snack and DO NOT snack between meals
3. Avoid eating quickly. Sit and chew each bite. Try using chopsticks!
4. Don't food shop when you're hungry.
5. Don't eat more than two or three pieces of fruit per day

Add these food items if your diet chart if you are following obesity diet plan :

1. Eat more vegetables - add them at every meal.
2. Drink plenty of water - you can become hungry when thirsty.
3. Try eating off smaller plates so as to eat smaller portions
4. Exercise between 30 minutes to one hour each day with moderate exercise - brisk walking, team sport, cycling or swimming.
5. Be mindful of what you put in your mouth and your shopping trolley.

Food Items You Can Easily Consume In Obesity Diet Plan

1. Choose minimally processed, whole foods:
2. Whole grains (whole wheat, steel cut oats, brown rice, quinoa)
3. Vegetables (a colorful variety-not potatoes)
4. Whole fruits (not fruit juices)
5. Nuts, seeds, beans, and other healthful sources of protein (fish and poultry)
6. Plant oils (olive and other vegetable oils)
7. Drink water or other beverages that are naturally calorie-free