**Diet Chart**

**Sunday**

Breakfast (8:00-8:30AM)

1 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 (1/2 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 Chapatti + Chicken stew (1 cup) + salad

**Wednesday**

Breakfast (8:00-8:30AM)

1 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

**Thursday**

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 (1/2 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 Chapatti + Chicken stew (1 cup) + salad

**Friday**

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 (1/2 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

**Saturday**

Breakfast (8:00-8:30AM)

1 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

Dinner (8:00-8:30PM)

2 Chapatti + Chicken stew (1 cup) + salad

**Food Items To Limit**

• Avoid candy, soda, sugar, white rice, white pasta, white bread, sweet syrup, breakfast cereal, desserts, and pastries contain simple carbohydrates.

• Avoid margarine, butter, eggs, milk, cheese, and red meat are high in saturated fat.

• Avoid eating red meat as it contains high levels of saturated fat that shoot up the cholesterol levels in the blood.

• Avoid eating fried foods such as fried chicken, deep fried foods, and potato fries.

• Avoid alcohol

• Avoid aerated and artificially sweetened drinks.

**Do's And Dont's**

Do's:

• Eat Healthy Fat to Lose Weight

• Eat 2-3 hours before going to sleep

• Make Healthy Swaps

• Follow Smart Tips for Dining Out

Don'ts:

• Don't starve yourself

• Don’t dehydrate yourself

• Don’t eat if your are not hungry

• Don’t eat too much saturated fat

**Food Items You Can Easily Consume**

• Non-starchy fruits and vegetables

• Complex carbohydrates, found in whole grain bread and pasta, bran, etc.

• Use olive oil, vegetable oil, rice bran oil, canola oil, mustard oil, and peanut oil.

• Eat lentils, beans, soy, mushroom, tofu, fish, turkey, chicken breast, and lean cuts of beef.

• Have five or six small meals throughout the day.

• Eat a heavy breakfast