**Diet Chart**

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| **Sunday** | |
| Breakfast (8:00-8:30AM) | 3 aloo parantha + 1 cup curd + 6 almonds |
| Mid-Meal (11:00-11:30AM) | Pomegranate (1 cup) + 1 Guava + 1 cup cottage cheese |
| 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 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 (2) |
| Mid-Meal (11:00-11:30AM) | 1 Orange + Grapes (1 cup) + 1 cup cottage cheese |
| 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 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) + 2 boiled eggs |
| Mid-Meal (11:00-11:30AM) | Pomegranate (1 cup) + 1 Guava + 1 cup cottage cheese |
| 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 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) | 2 paneer parantha + 1 cup curd + 6 almonds |
| Mid-Meal (11:00-11:30AM) | 1 Orange + Grapes (1 cup) + 1 cup cottage cheese |
| 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 tsp honey + 4 Almonds + 5-6 Raisins |
| 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 (2) |
| Mid-Meal (11:00-11:30AM) | Pomegranate (1 cup) + 1 Guava + 1 cup cottage cheese |
| 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 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) + 2 boiled eggs |
| Mid-Meal (11:00-11:30AM) | 1 Orange + Grapes (1 cup) + 1 cup cottage cheese |
| 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 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) | 2 dal parantha + 1 cup curd + 6 almonds |
| Mid-Meal (11:00-11:30AM) | Pomegranate (1 cup) + 1 Guava + 1 cup cottage cheese |
| 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 tsp honey + 4 Almonds + 5-6 Raisins |
| 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