**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 hung-curd 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

• Don’t Starve Yourself

• Don’t Drink Ton of Alcohol

• Don’t Think Short Term

• Don’t Deprive Yourself of Indulges

Do's

• Regularly Eat Clean, Healthy Foods

• Drink a Ton Water

• Create a Meal Plan for Each Week

• Have Willpower

**Food Items You Can Easily Consume**

• Avocado: While avocados are higher in calories than other fruits and vegetables, their satisfying fat and fiber combo may help you slim down.

• 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.

• 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.

• 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.

• 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.

• 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.

• Popcorn: As long as this popular crunchy treat isn't doused in movie-theatre 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.

• 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.