**Diet plan for obesity patient**

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| **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 cucmber 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