

OBESITY DIET CHART

RANGE

30-40

CALORIE INTAKE

900 Cal

BREAK-FAST

8:00 -10:00

BREAKFAST CHOICES

Brown rice idli, sambhar, a spoonful of coconut chutney/two whole eggs, one toast with unsweetened tea/coffee

Chana/Moong dal pancakes with paneer stuffing/scrambled eggs with toast and unsweetened tea/coffee

Oats with yoghurt and fruits/Spanish vegetable omelette with toast and unsweetened tea/coffee

Parathas using multigrain with fruits/egg multigrain paratha unsweetened tea/coffee

Oats and milk with fruits and unsweetened tea/coffee

Porridge with fruits and milk/omelette with one plain roti and unsweetened tea/coffee

Vegetable daliya/French toast and unsweetened tea/coffee

TOTAL CALORIES

175 Cal

CALORIES CONSUMED

LUNCH

1:00-3:01

FOOD OPTIONS

1. *One whole-grain chapati, dal, mixed vegetable curry, a bowl of salad/one whole-grain chapati turned into a tortilla with chicken stuffing*
2. *Brown rice with chickpea gravy/chicken gravy and a cup of sauteed vegetables*
3. *Whole-grain chapati with paneer gravy/chicken gravy and vegetable salad*

**CALORIES
CONSUMED**

4. *Whole-grain chapati with lentil gravy and veg sabzi/sautéed chicken roti wrap with salad*
5. *Sambhar rice/chicken stew with appam and vegetable salad*
6. *Whole-grain chapati with rajma gravy/chicken curry with quinoa*
7. *Whole-grain chapati with vegetable soup/chicken soup with vegetable salad*

TOTAL CALORIES

392 Cal

SNACKS

4:00 -5:00

SNACK OPTIONS

1. *5 almonds and two dates, a glass of buttermilk*
2. *5 almonds and 2 dates, a glass of unsweetened milk*
5. *1 glass low fat milk (no sugar)/1 glass buttermilk*
6. *1 cup sprouts salad+1cup watermelon*
7. *1 cup fruit salad +handful of nuts*

DINNER

8:300-9:30

DINNER OPTIONS

1. *One large bowl of soup with sautéed tofu/paneer/chicken*
2. *One bowl of khichdi and spinach salad*
3. *One bowl of brown rice with palak-paneer/steamed fish*
4. *One bowl of brown rice with channa masala/chicken masala and green salad*
5. *Two thin lentil pancakes with paneer tikka / grilled fish with flavoured rice*
6. *Tandoori paneer with fresh veg salad / tandoori fish or chicken with fresh veg salad*
7. *One bowl of vegetable pulao/chicken pulao with curd*

**CALORIES
CONSUMED**

TOTAL CALORIES

237 Cal

BEDTIME

BEFORE GOING TO BED

BEDTIME SNACK OPTIONS

1 glass full of warm milk with 1 teaspoon of raw honey /

1 glass of fruit juice/

1 glass low fat milk without sugar/