

UNDER WEIGHT DIET CHART

RANGE

15-18.5

CALORIE
INTAKE

1500 Cal

BREAK-FAST

8:00 -10:00

BREAKFAST CHOICES

1. 2 pieces of multigrain bread with butter (low-fat), and 1 egg omelet
2. 6 slices of omelet toasted bread
3. 3 to 4 slices of whole wheat bread toast with peanut butter, 3 egg whites, and 1 full egg omelet
4. 1 to 2 slices of toasted bread with white butter and 1 to 2 bananas
5. 2 to 3 fresh seasonal fruits (as per your choice), or 1 glass full of fresh fruit juice
6. 1 large bowl of oats/wheat bran/corn flakes, 1 chicken breast, and 1 glass of milkshake
7. 1 bowl of oatmeal with nuts, 1 banana, and 1 cup of low-fat milk with a scoop of whey protein
8. 1 full plate of upma/daliya khichdi/poha cooked with plenty of colorful vegetables
9. 2 mung dal chilla stuffed with paneer
10. 2 plain chapattis and 1 small bowl of vegetables
11. 2 stuffed (with vegetables) paratha with white butter and 1 cup of plain curd (made from non-fat milk)

CALORIES CONSUMED

TOTAL CALORIES

486 Cal

FOOD OPTIONS

LUNCH

1. 2 small bowls of plain rice, 2 medium-sized chapattis with ghee, 1 small bowl of

1:00-3:00

legumes/dal (mung, chana, masoor, or soybean), 2 small bowls of wet vegetable curry (as per your choice). 2 medium-sized pieces of chicken/fish. 1 plate of 2 medium-sized pieces of chicken/fish, 1 plate of green salad and 1 small bowl of sweet curd/

2. *1 small bowl of pulav/biriyani (non-veg), 1 small bowl of egg/paneer, 1 small bowl of vegetables (as per your choice)
1 medium-sized bowl of chicken soup/sprout salad*
3. *1 small bowl of brown rice/2 whole wheat chapattis, 1 small bowl of mixed vegetables,
1 medium-sized piece of chicken breast/fish, 1 plate of salad, and 1 small bowl of green chutney*

CALORIES CONSUMED

TOTAL CALORIES

527 Cal

SNACKS

4:00 -5:00

SNACK OPTIONS

1. *1 grilled sandwich and 3 to 4 pieces of dry-fruit chikki or groundnut chikki*
2. *1 whole-wheat bread sandwich with steamed chicken/3 egg whites*
3. *A handful of roasted chana/almonds/soybeans and 1 small bowl of upma/bhelpuri*
4. *1 medium-sized bowl of vegetable/chicken soup (with butter) and 1 veg sandwich with mayonnaise or extra cheese*
5. *1 glass of fruit juice/milkshake and 1 to 2 bananas/boiled potatoes*
6. *1 cup of low-fat yogurt and 1 fresh seasonal fruit (as per your choice)*
7. *1 cup of low-fat milk with a scoop of whey protein*

DINNER

DINNER OPTIONS

8:300-9:30

1. 3 medium-sized chapattis with ghee, 1 small bowl of legumes/dal (moong, chana, masoor, or soybean), 1 small bowl of dry vegetable curry (as per your choice), 1 small bowl of chicken/fish, and 1 small bowl of curd/any other sweet dish
2. 1 small bowl of brown rice/2 whole wheat chapattis, 1 small bowl of stir-fried vegetables with baked potato, and 1 small piece of lean chicken/fish

CALORIES
CONSUMED

TOTAL CALORIES

285 Cal

BEDTIME

BEFORE GOING TO BED

BEDTIME SNACK OPTIONS

1. *1 glass full of warm milk with 1 teaspoon of raw honey and a pinch of turmeric added to it, or,*
2. *1 cup of skimmed milk with nuts, or,*
3. *(1/2) a glass of skimmed milk with 1 to 2 teaspoons of whey protein*