

OVER WEIGHT DIET CHART

RANGE

25-30

CALORIE INTAKE

1000Cal

BREAK-FAST

8:00 -10:00

BREAKFAST CHOICES

1. 3 egg whites + 1 toasted brown bread + 1/2 cup low fat milk (no sugar)
2. 1 onion stuffed chapatti + 1/2 cup low fat curd
3. 2 besan cheela + 1/2 cup low fat curd
4. 1 cup vegetable brown bread upma + 1/2 cup low fat milk (no sugar)
5. 1 cucumber hungcurd sandwich + 1/2 tsp green chutney + 1 orange
6. 1 cup vegetable poha + 1 cup low fat curd
7. 1 cup low fat milk with oats + 3-4 berries

CALORIES CONSUMED

TOTAL CALORIES

280 cal

FOOD OPTIONS

LUNCH

1:00-3:00

1. 1 cup arhar dal + 1 chapatti + 1/2 cup low fat curd + salad
2. 1 cup masoor dal + 1 chapatti + 1/2 cup low fat curd + salad
3. 1 cup white chana/ fish curry + 1 chapatti + salad
4. 1 cup chana dal + 1 chapatti + salad
5. 1 cup moong dal/ chicken curry + 1 chapatti + salad
6. 1 cup soybean curry + 1 chapatti + 1/2 cup low fat curd + salad

**CALORIES
CONSUMED**

7. 1 cup masoor dal + 1 chapatti + 1/2 up low fat curd + salad

TOTAL CALORIES

420 cal

SNACKS

4:00 -5:00

SNACK OPTIONS

1. 1 cup vegetable soup +1 cup papaya
2. 1 cup pomegranate+1 glass coconut water
3. 1 cup tomato soup+1 apple
4. 1 cup tomato soup+1 cup musk melon
5. 1 glass low fat milk (no sugar)/1 glass buttermilk
6. 1 cup sprouts salad+1cup watermelon
7. 1 cup fruit salad +handuful of nuts

DINNER

8:300-9:30

DINNER OPTIONS

1. 1 cup ghia vegetable + 2 chaptti + salad
2. 1 cup leafy vegetable + 2 chapatti + salad
3. 1 cup cauliflower vegetable + 1 chapatti + salad
4. 1 cup beans + 1 chapatti + salad
5. 1 cup pumpkin + 1 chapatti + salad

**CALORIES
CONSUMED**

TOTAL CALORIES

300 cal

BEDTIME

BEFORE GOING TO BED

BEDTIME SNACK OPTIONS

- 1 glass full of warm milk with 1 teaspoon of raw honey /
1 cup of skimmed milk with nuts/



1 glass low fat milk without sugar/