

# NORMAL WEIGHT DIET CHART

RANGE

18.5-24.9

CALORIE INTAKE

1280Cal

## BREAKFAST

8:00 -10:00

### BREAKFAST CHOICES

1. 2 mixed vegetable dosa + 1 glass warm cocoa milk
2. 1 mixed millet pongal + 1 glass black tea
3. 1 chia stuffed roti + 1 glass black tea
4. 1.5 cup masala oats + 1 glass warm milk
5. 1 stuffed onion or gobhi or vegetable roti + 1 filter coffee
6. 3 ragi idiyappam + 1 glass butter milk
7. 2 cup ragi vermicelli upma + 1 glass coffee with milk and 1 tbsp of sugar

## CALORIES CONSUMED

### TOTAL CALORIES

250 cal

## LUNCH

1:00-3:00

### FOOD OPTIONS

1. 1 cup cucumber raita + 1 cup green salad + 1 cup bhindi + 1 cup boiled rice
2. 1 cup ghia raita + 1 cup green salad + 1 cup mixed veg + 1 cup tomato rice
3. 1 cup green salad + 1 cup cucumber raita + 1.5 cup safed chana curry + 1 cup boiled rice
4. 1 cup ghia raita + 1 cup green salad + 1 cup Shimla mirch paneer + 1 cup boiled rice
5. 2 chapatis + 1 cup bhindi + 1 cup green salad + 1 cup ghia raita
6. 1 cup cucumber raita + 1 cup green salad + 1 cup fish/mixed veg curry + 1 cup tom
7. 1 cup ghia raita + 1 cup green salad + 1 cup kala chana curry + 1 cup jira rice

## CALORIES

### TOTAL CALORIES

CONSUMED

464 cal

SNACKS

4:00 -5:00

SNACK OPTIONS

- 1. 1 cup clear chicken/vegetable soup
- 2. 1 cup pumpkin soup + coconut water
- 3. 1 cup tomato soup+1 apple
- 4. 1 cup tomato soup+1 cup musk melon
- 5. 1.5 cup mushroom soup
- 6. 1 cup sprouts salad+1cup watermelon
- 7. 1 cup clear chicken/vegetable soup +handuful of nuts

DINNER

8:30-9:30

DINNER OPTIONS

- 1. 1 buckwheat roti with mixed veg + salad
- 2. 1 cup egg curry/safed chana curry + 1 multigrain roti + salad
- 3. 1.5 cup masala oats + salad
- 4. 1 cup quinoa upma + salad
- 5. 1 buckwheat roti with cauliflower + salad
- 6. 2 raagi dosa with vegetable and coconut chutney + salad
- 7. 1 cup spinach dal + 1 multigrain roti + salad

CALORIES  
CONSUMED

TOTAL CALORIES

368 cal

BEDTIME

BEFORE GOING TO BED

BEDTIME SNACK OPTIONS

- 1 glass full of warm milk with turmeric powder
- 1 cup of skimmed milk with nuts
- 1 glass low fat milk without sugar