

TOTAL FITNESS
DIET CHART FOR WEIGHT LOSS

Day-1

BREAKFAST: 1 medium apple, A few plums or an orange.

LUNCH: Rice, Egg Curry.

DINNER: 3 Hard boiled eggs, Vegetable Salad.



Day-2

BREAKFAST: 1 Hard-boiled egg, 1 grapefruit, Black coffee.

LUNCH: 1 cup lentils, 1 chapati.

DINNER: Turkey breast, Brown rice.



Day-3

BREAKFAST: 1 serving toast with poached egg or avocado with 1 apple.

LUNCH: 1 cup chickpea soup with two slices of whole-grain bread, mint dressing, and a salad of your choice.

DINNER: 1 cup egg curry or paneer curry with 2 bajra rotis and green salad.



Day-4

BREAKFAST: 1 bowl oatmeal with nuts and seeds of your choice + 1 banana.

LUNCH: 1 cup chickpea spinach curry with 1 cup brown rice and salad.

DINNER: 1 cup green vegetable + 2 multigrain rotis + 1 glass buttermilk + salad.



Day-5

BREAKFAST – 1 cup Daliya without milk + honey + any fruit with Daliya.

LUNCH – 1 cup lentil curry + 1 cup green vegetable + 2 rotis + 1 cup brown rice + salad.

DINNER – 1 cup low fat paneer curry with 2 bajra rotis + 1 cup buttermilk.



Day-6

BREAKFAST – 2 egg whites with multigrain toasts + 1 cup blueberries.

LUNCH – 2 stuffed vegetable parathas with mint chutney and 1 cup low-fat curd.

DINNER – 1 cup chicken curry or tofu curry with 1 cup steamed rice + green salad.



Day-7

BREAKFAST – 3 to 4 small multigrain idlis with 1 cup sambar and coconut chutney.

LUNCH – 1 cup yellow lentil curry with spinach + 1 cup brown rice + 1 multigrain roti + green salad.

DINNER – tofu stir fry vegetables with steamed rice + leftover lentil curry + 1 roti.



Day-8

BREAKFAST – Besan pancakes with mint chutney + a bowl of fruits such as papaya.

LUNCH – Mexican black bean rice (you can use any kidney beans) with salsa made of avocado, tomato, cucumber, and onion + lemon tea.

DINNER – 1 cup bean soup (made from leftover beans) + garlic or multigrain bread and sweet potato fries.



Day-9

BREAKFAST – 1 bowl cereal or muesli with non-dairy milk such as almond milk + chia seeds.

LUNCH – chicken pasta with basil and mint dressing (replace chicken with tofu or chickpeas) cooked in olive oil.

DINNER– 1 cup chicken curry with brown rice + salad + 1 cup curd.



Day-10

BREAKFAST – 2 small multigrain Dosa with coconut chutney and 1 cup sambar.

LUNCH – 1 cup low-fat paneer curry with 2 bajra rotis + salad.

DINNER – Mediterranean wrap with chicken or leftover paneer, lettuce, cucumber, and tomatoes with low-fat dressing.



DAY-11

BREAKFAST – omelette with 3 egg whites and 1 multigrain toast + 1 cup juice.

LUNCH – 1 green smoothie with kale, spinach, and cucumber in non-dairy milk + handful of toasted nuts.

DINNER – Chickpea curry with paneer and spinach + 2 bajra rotis+ 1 cup brown rice + green salad.



Day-12

BREAKFAST – Omelette loaded with vegetables with 1 cup green salad.

LUNCH – 1 cup vegetable (mushroom with peas) with 2 bajra rotis + 1 cup salad.

DINNER – Chicken or mushroom hummus wrap with vegetable salad and honey mustard. Dressing.



Day-13

BREAKFAST – Avocado Toast with a sprinkle of sesame or chia seeds + 1 cup tea without milk.

LUNCH – Chicken, turkey, or paneer wrap with a side of salad and sweet potato fries.

DINNER – Penne pasta with leftover paneer or chicken and basil pesto sauce.



Day-14

BREAKFAST – 3 scrambled eggs on a multigrain toast.

LUNCH – mushroom curry with two multigrain rotis or pita bread + salad.

DINNER – Salad with tofu, lettuce, cucumber, tomato, and honey mustard dressing + 1 cup clear vegetable soup.



Day-15

BREAKFAST – 1 cup of mixed cereals with non-dairy milk such as oat or almond milk + strawberries or any seasonal fruit.

LUNCH – Mango salsa salad with sweet potato fries and 1 cup buttermilk.

DINNER – Simple lemon chicken with parsley and mint + steamed rice + 1 cup steamed broccoli.



Day-16

BREAKFAST – 1 bowl of Daliya with your favorite fruits as topping with honey and non-dairy milk.

LUNCH – 1.5 cup Moong dal curry + 1 cup brown rice + salad.

DINNER – 1 cup vegetable khichdi + 1 cup curd.



Day-17

BREAKFAST – 2 small uthappams or Dosas + 1 cup sambar + coconut chutney,

LUNCH – 1 cup mixed veg curry or chicken curry + 2 multigrain rotis + 1 cup brown rice + salad.

DINNER – 1 cup sautéed vegetables with tofu and steamed rice + 1 cup soup.



Day-18

BREAKFAST – 1 bowl of oatmeal topped with honey and banana + pumpkin seeds.

LUNCH – 1 cup dal soup without tadka + 1 cup green vegetable + 2 bajra rotis + salad + 1 cup brown rice.

DINNER – 1 cup spinach rice + 1 cup chicken or chickpea curry + salad.



Day-19

BREAKFAST – A bowl of Rava and vegetables or your choice + 1 cup buttermilk.

LUNCH – 1 cup low fat paneer curry + 2 bajra rotis + salad.

DINNER – 1 cup mushroom soup + stir-fried vegetables in olive oil + 1 toast.



Day-20

BREAKFAST – 3 egg whites with multigrain or brown bread toast.

LUNCH – 1 cup vegetable curry + 1/2 cup grilled paneer + 2 multigrain rotis + salad.

DINNER – chicken or paneer wrap with a side of salad and homemade mint dressing.



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Day-21

BREAKFAST – 1 bowl of oatmeal (steel cut oats) with your choice of nuts and fruits.

LUNCH – Steamed fish or grilled paneer with a side of salad.

DINNER – 1 cup green vegetables, 1 cup dal soup with 2 millet roti or 1 cup brown rice and side of green salad.



Day-22

BREAKFAST – 2 poached eggs on a whole grain bread toast with avocado.

LUNCH – Roasted vegetables with tofu or paneer with a side of sweet potato fries.

DINNER– 1 cup leftover tofu or paneer curry + 2 millet rotis + salad.



Day-23

BREAKFAST – Two whole grain toasts with peanut butter and 1 banana + chia seeds.

LUNCH – Fruit and vegetable detox smoothie with cucumber, kale, strawberries, apple, banana, beetroot, etc.

DINNER – Tofu stir fry with brown rice + honey mustard sauce.



Day-24

BREAKFAST: French toast with maple syrup and 1 banana assorted seeds such as flax, pumpkin seeds.

LUNCH – spinach and paneer curry with 2 millet rotis and salad.

DINNER– Chicken or tofu curry with 1 cup brown rice and 1 cup green salad.



Day-25

BREAKFAST – omelette loaded with vegetable with two slices of whole-grain bread.

LUNCH – Whole wheat pasta with vegetables and chicken or paneer.

DINNER – 1 cup mushroom and tofu soup + steamed broccoli + 1 toast multigrain bread.



Day-26

BREAKFAST – vegetable omelette with 3 egg whites and 1 cup of berries.

LUNCH – Chickpea salad with cherry tomatoes and boiled chicken or paneer.

DINNER– Pasta with leftover chicken or paneer and broccoli in a pesto.

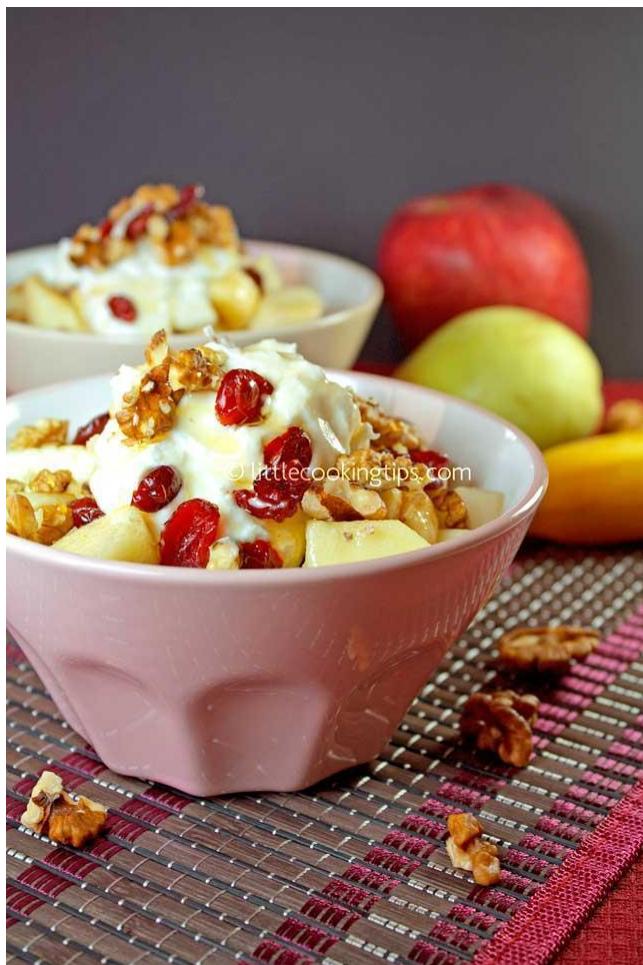


Day-27

BREAKFAST – Greek yogurt with 1 large apple or banana.

LUNCH – 1 cup mixed vegetable with two millet rotis and 1 cup green salad.

DINNER– Bean and cheese burrito with a side of salad.



Day-28

BREAKFAST – 1 cup oatmeal with berries and chia seeds topped with honey.

LUNCH – Chicken or paneer and broccoli pasta with a side of salad and olive oil or vinegar dressing.

DINNER – 1 cup quinoa with tossed veggies such as carrot, broccoli, cherry tomatoes + 1 cup buttermilk.



Day-29

BREAKFAST – Avocado toast with two poached eggs + 1 fruit juice.

LUNCH – Veg or chicken burger with a side of sweet potato fries and salad with 2 tbsp of olive oil.

DINNER – 1 cup low fat paneer curry with 2 bajra rotis + salad.



Day-30

BREAKFAST – 1 cup Daliya with honey or maple syrup and oat milk.

LUNCH – 1 cup lentil curry+ 1 cup vegetable + 2 rotis + 1 cup brown rice + salad.

DINNER– chicken or tofu stir fry with vegetables in lemon and mustard sauce.



