

HEALTHY DIET: NON-VEGETARIAN

- **7:30AM:** bottlegaurd juice, lemon luke warm water, barley water.
- **8:30-9AM:** BREAKFAST- Aloo Paíatha (2) + Raita (1 cup), Chapati (2) + Daal (1 cup), Veg. Poha (1 cup) + Raita (1/2 cup), Veg Upma (1 cup).
- **11AM:** SNACK--. Fíuit Salad (1 cup) + l'endeí Coconut WaYteí (1 glass).
- **12:30-1PM:** LUNCH-- 1 cup chicken cuííy + 1 cup íice + salad, 1 cup fish cuííy + 1 cup boiled íice + 1 chapatti + 1 cup ghia íaita + salad, 1 cup white chana + palak paneeí.
- **4 PM-** SNACKS--l'ea/ Coffee (1 cup), Biscuit, Díy fíuits, Boiled Chana Chat .
- **6:30-7:30PM:** DINNER—Chapati (2) + Mustaíd Gíeens (1 cup), Mushroom Curry (1 cup), Fish Curry, chicken curry .
- **9-10PM:** Milk(if hungry).

1.DON'TS:

DON'T STARVE YOURSELF

DON'T DEHYDRATE YOURSELF

DON'T EAT IF YOU ARE NOT HUNGRY

DON'T EAT TOO MUCH SATURATED FAT

DO'S:

EAT HEALTHY FAT TO LOSE WEIGHT

EAT 2-3 HOURS BEFORE GOING TO SLEEP

MAKE HEALTHY SWAPS

FOLLOW SMART TIPS FOR DINING OUT

FOOD ITEMS YOU CAN EASILY CONSUME:

1)NON-STARCHY FRUITS AND VEGETABLES

2)COMPLEX CARBOHYDRATES, FOUND IN WHOLE GRAIN BREAD AND PASTA, BRAN, ETC.

3)USE OLIVE OIL, VEGETABLE OIL, RICE BRAN OIL, CANOLA OIL, MUSTARD OIL, AND PEANUT OIL. EAT LENTILS, BEANS, SOY, MUSHROOM, TOFU, FISH, TURKEY, CHICKEN BREAST

4)HAVE FIVE OR SIX SMALL MEALS THROUGHOUT THE DAY.

5)EAT A HEAVY BREAKFAST



Food Items To Limit:

1. Avoid candy, soda, sugar, white rice, white pasta, white bread, sweet syrup, breakfast cereal, desserts, and pastries contain simple carbohydrates.
2. Avoid margarine, butter, eggs, milk, cheese, and red meat are high in saturated fat.
3. Avoid eating red meat as it contains high levels of saturated fat that shoot up the cholesterol levels in the blood.
4. Avoid eating fried foods such as fried chicken, deep fried foods, and potato fries.
5. Avoid alcohol
6. Avoid aerated and artificially sweetened drinks.

