

WEIGHTLOSS

VEGETARIAN :

- **7:30AM:** Bottlegourd juice, lemon luke warm water, barley water.
- **8:30-9AM: BREAKFAST**-3 egg whites(choice) + 1 toasted brown bread + 1/2 cup low fat milk (no sugar), 1 cup vegetable brown bread upma, 1 cup vegetable poha
- **11AM: SNACK--**. 1 cup watermelon, 1 cup coconut water, 1 cup musk melon, 1 cup papaya.
- **12:30-1PM: LUNCH--**1 cup Arhar dal + 1 chapatti + 1/2 cup low fat curd + salad, 1 cup cauliflower curry ,1 cup soybean curry
- **4PM- SNACKS--** 1 cup sprouts salad, 1 cup vegetable soup, 1 cup tomato soup.
- **6:30-7:30PM: DINNER—**+1 chapatti + salad, 1 cup pumpkin . 1 cup cauliflower vegetable, 1 cup rajma curry.
- **9-10PM:** Milk(if hungry).

DON'TS:

- ▶ DONT STARVE YOURSELF
- ▶ DONT DRINK TON OF ALCOHOL
- ▶ DONT THINK SHORT TERM
- ▶ DONT DEPRIVE YOURSELF OF INDULGES

DO'S:

- ▶ REGULARLY EAT CLEAN, HEALTHY FOODS
- ▶ DRINK A TON WATER
- ▶ CREATE A MEAL PLAN FOR EACH WEEK
- ▶ HAVE WILLPOWER

FOOD ITEMS YOU CAN EASILY CONSUME:

- ▶ **AVOCADO:** WHILE AVOCADOS ARE HIGHER IN CALORIES THAN OTHER FRUITS AND VEGETABLES, THEIR SATISFYING FAT AND FIBER COMBO MAY HELP YOU SLIM DOWN.
- ▶ **EGGS:** EATING A HIGH-PROTEIN BREAKFAST PROMOTES WEIGHT LOSS, BECAUSE PROTEIN INCREASES SATIETY WHILE REGULATING HUNGER AND APPETITE HORMONES. (CHOICE)
- ▶ **BEANS:** ALL BEANS ARE HIGH IN FIBER, WHICH IS YOUR FRIEND WHEN YOU'RE TRYING TO LOSE WEIGHT BECAUSE IT HELPS YOU FEEL FULLER LONGER, THUS CONTROLLING HUNGER.
- ▶ **YOGURT:** YOGURT IS PROTEIN-PACKED AND FULL OF PROBIOTICS, WHICH ARE GOOD FOR GUT HEALTH AND MAY HELP YOUR WEIGHT-LOSS EFFORTS. YOUR GUT HEALTH CAN IMPACT YOUR WEIGHT, AND EATING MORE FIBER AND PROBIOTICS HELPS KEEP YOUR GUT BACTERIA HAPPY, WHICH CAN BE GOOD FOR YOUR METABOLISM
- ▶ **FRUIT:** HIGHER FRUIT CONSUMPTION WAS ASSOCIATED WITH LOWER RISK OF BECOMING OVERWEIGHT OR OBESE, INDEPENDENT OF VEGETABLE OR FIBER INTAKE
- ▶ **ALMONDS:** ALMONDS ARE AN EXCELLENT SOURCE OF FIBER, AND THEY'RE HIGH IN PROTEIN. EATING FOODS WITH THE ONE-TWO PUNCH OF FIBER AND PROTEIN CAN HELP YOU FEEL FULLER LONGER.

