

WEIGHT-LOSS : NON-VEGETARIAN

- **7:30AM:** bottlegaurd juice, lemon luke warm water, barley water.
- **8:30-9AM:** BREAKFAST-3 egg whites + 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 chicken curry, 1 cup fish 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 SHORTTERM
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,

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.

SALMON: SALMON IS A RICH SOURCE OF HIGH-QUALITY PROTEIN AND PROVIDES PLENTY OF "GOOD" FATS: OMEGA-3 FATTY ACIDS WHICH HELPS PEOPLE FEEL MORE SATISFIED WHEN THEY WERE WATCHING THEIR CALORIES.

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.

