

Diet Plan for Different Weight Categories

1. Underweight

Goal: Increase calorie intake to promote healthy weight gain.

General Guidelines:

- Focus on calorie-dense foods.
- Include healthy fats (nuts, avocados, oils).
- Eat more frequently (5-6 small meals).
- Incorporate strength training to build muscle mass.

Sample Meal Plan:

Meal	Options
Breakfast	Oatmeal with almond butter and banana
	Whole grain toast with avocado and poached eggs
Snack	Greek yogurt with honey and granola
	Nut butter on whole grain crackers
Lunch	Quinoa salad with chickpeas, olive oil, and veggies
	Whole grain wrap with turkey, cheese, and spinach
Snack	Trail mix (nuts, seeds, dried fruit)
	Smoothie with protein powder, spinach, and berries
Dinner	Grilled salmon with brown rice and broccoli
	Stir-fried tofu with vegetables and quinoa
Evening Snack	Cottage cheese with fruit or nut butter

2. Normal Weight

Goal: Maintain a balanced diet to support overall health.

General Guidelines:

- Focus on whole, unprocessed foods.
- Balance carbohydrates, proteins, and healthy fats.
- Stay hydrated and limit sugary beverages.
- Control portion sizes.

Sample Meal Plan:

Meal	Options
Breakfast	Scrambled eggs with spinach and tomatoes
	Greek yogurt with mixed berries and chia seeds
Snack	Apple slices with almond butter
	Hummus with carrot sticks
Lunch	Grilled chicken salad with mixed greens and vinaigrette
	Whole grain sandwich with lean protein and veggies
Snack	Handful of nuts or seeds
	Sliced cucumber with tzatziki
Dinner	Baked fish with sweet potatoes and green beans
	Whole grain pasta with marinara and sautéed vegetables
Dessert	Dark chocolate or a small fruit salad

3. Overweight

Goal: Gradually reduce weight while ensuring adequate nutrition.

General Guidelines:

- Focus on portion control.
- Choose lower-calorie, nutrient-dense foods.
- Increase fiber intake (fruits, vegetables, whole grains).
- Limit processed foods and sugary snacks.

Sample Meal Plan:

Meal	Options
Breakfast	Smoothie with spinach, banana, and unsweetened almond milk
	Overnight oats with berries and a sprinkle of cinnamon
Snack	Celery sticks with peanut butter
	Handful of almonds
Lunch	Lentil soup with a side salad
	Grilled vegetable wrap on a whole grain tortilla
Snack	Greek yogurt with a few berries
	Baby carrots with hummus
Dinner	Grilled chicken breast with steamed broccoli and quinoa
	Zucchini noodles with marinara sauce and turkey meatballs
Evening Snack	Herbal tea or a small piece of dark chocolate

4. Obesity

Goal: Create a calorie deficit for weight loss while ensuring nutrient adequacy.

General Guidelines:

- Consult with a healthcare provider or dietitian.
- Focus on low-calorie, high-volume foods (fruits, vegetables).
- Increase physical activity and lifestyle changes.
- Avoid high-sugar and high-fat processed foods.

Sample Meal Plan:

Meal	Options
Breakfast	Vegetable omelet with a side of fruit
	Greek yogurt with flaxseed and berries
Snack	Sliced apple with a tablespoon of nut butter

	Raw veggies with a low-calorie dip
Lunch	Mixed greens with grilled chicken and balsamic vinaigrette
	Quinoa bowl with black beans, corn, and salsa
Snack	Air-popped popcorn or a piece of fruit
	Low-fat string cheese
Dinner	Baked salmon with asparagus and a side salad
	Stir-fried vegetables with tofu over brown rice
Evening Snack	Herbal tea or a small serving of mixed berries

Additional Tips for All Categories:

- Stay hydrated by drinking plenty of water throughout the day.
- Incorporate physical activity suited to your fitness level.
- Adjust portion sizes based on individual energy needs and activity levels.
- Consult a registered dietitian for personalized advice.