

WEIGHT LOSS NON-VEG DIET PLAN

<u>MEAL TYPE</u>	<u>MENU</u>	<u>QUANTITY</u>
EARLY MORNING	Jasmine Tea or Tulsi Decoction /Lemon Water(Lukewarm without sugar/salt/honey)	1 Glass
BREAKFAST	Brown Bread Sandwich + 2 Egg Whites	1 Slice
	Butter Milk/ Skimmed Milk	1 Glass
POST BREAKFAST/ PRE-LUNCH	Orange or Seasonal Fruit+ Buttermilk / Roasted Chana Chat (1 fist)	1 Quantity
LUNCH	Chapatti/Missi Roti/Any Stuffed Roti without oil except potato, Sweet Potato, Paneer Seasonal Veg (mostly gourd family or green vegetables) Chicken Curry / Fish Curd/Raita Mixed Salad	2 Pieces 1 Cup 1 Bowl 1 Bowl 1 Plate
EVENING SNACKS	Chicken Soup (homemade) /Green tea + Marie Biscuit -2	½ Cup or 2 Pieces
DINNER	Boiled chicken / Roasted Chicken Mixed salad OR Oats (2tbsp) + Milk (200ml) + Apple (1)chopped Dalia + Milk OR Meal Replacer (proteins) + Apple	250 gms 1 Quarter Plate
BED TIME	Toned Milk	1 Cup