

Breakfast:

1. Oatmeal: Cook rolled oats with water or skim milk. Top with sliced fruits like berries or apples and a sprinkle of chia seeds or flaxseeds for added fiber.
2. Greek Yogurt: Have a serving of Greek yogurt with a drizzle of honey and some chopped nuts (like almonds or walnuts)

Mid-Morning Snack:

3. Fresh Fruit: Choose whole fruits like oranges, pears, or papaya. They're high in fiber and will keep you feeling full.

Lunch:

4. Quinoa Salad: Combine cooked quinoa with chopped vegetables (cucumber, bell peppers, cherry tomatoes) and chickpeas. Dress with a vinaigrette made from olive oil and lemon juice.
5. Lentil Soup: A bowl of homemade lentil soup loaded with veggies like carrots, spinach, and tomatoes.

Afternoon Snack:

6. Cucumber and Carrot Sticks with Hummus: A light and healthy snack option to keep you satisfied until dinner.

Dinner:

7. Mixed Vegetable Stir-Fry: Prepare a stir-fry using a variety of colorful vegetables like broccoli, bell peppers, and mushrooms. Use minimal oil and add tofu for protein
8. Brown Rice: Serve the stir-fry with a side of brown rice or quinoa.

Evening Snack (Optional):

9. Green Tea: A cup of green tea without sugar can help with digestion and provide antioxidants.

General Tips:

1. Portion Control: Be mindful of portion sizes to avoid overeating, and pay attention to your body's hunger and fullness cues.
2. Hydration: Drink plenty of water throughout the day to stay hydrated. You can also include herbal teas and infused water for variety.
3. Limit Processed Foods: Reduce or eliminate processed and sugary foods like sweets, fried snacks, and sugary drinks from your diet.
4. Regular Exercise: Combine your diet plan with regular physical activity to support your weight management goals.
5. Meal Timing: Try to have smaller, balanced meals and snacks at regular intervals to maintain steady energy levels.
6. Consult a Dietitian: If you have specific weight management goals or dietary concerns, consider consulting a registered dietitian who can provide personalized guidance.