

Breakfast:

1. Vegetable Upma: Prepare upma using semolina (suji) and add plenty of vegetables like peas, carrots, and green beans. Use minimal oil for cooking.
2. Green Smoothie: Blend spinach, banana, yogurt, and a touch of honey for added flavor and nutrients.

Mid-Morning Snack:

3. Mixed Nuts: A small handful of mixed nuts, such as almonds, walnuts, and cashews, for a source of healthy fats and protein.

Lunch:

4. Lentil Soup: Have a bowl of lentil soup loaded with vegetables like spinach, carrots, and tomatoes.
5. Quinoa Salad: Combine cooked quinoa with mixed greens, cherry tomatoes, cucumber, and a light vinaigrette dressing.

Afternoon Snack:

6. Greek Yogurt with Berries: A serving of Greek yogurt with fresh berries and a sprinkle of flaxseeds for added fiber.

Dinner:

7. Stir-Fried Tofu and Vegetables: Sauté tofu with a variety of vegetables like broccoli, bell peppers, and mushrooms in a light soy sauce or ginger-garlic sauce.
8. Brown Rice: Serve the stir-fry with a small portion of brown rice.

Evening Snack (Optional):

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

General Tips:

1. Calorie Control: Focus on portion control and tracking your calorie intake to create a calorie deficit for weight loss.
2. Hydration: Drink plenty of water throughout the day to stay hydrated. Sometimes thirst can be mistaken for hunger.
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 loss 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 loss goals or dietary concerns, consider consulting a registered dietitian who can provide personalized guidance.