

Breakfast:

1. Vegetable Omelette: Make an omelette with two egg whites or a tofu scramble with plenty of vegetables like spinach, bell peppers, and tomatoes. Use minimal oil for cooking.
2. Whole Wheat Toast: Have one or two slices of whole wheat toast on the side

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Mid-Morning Snack:

3. Greek Yogurt with Berries: A serving of Greek yogurt with fresh berries and a sprinkle of chia seeds for added fiber.

Lunch:

4. Chickpea Salad: Prepare a salad with chickpeas, cucumber, red onion, and a lemon-tahini dressing. Include some mixed greens for extra nutrients.
5. Brown Rice or Quinoa: A small portion of brown rice or quinoa as a side

Afternoon Snack:

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

Dinner:

7. Stir-Fried Tofu and Vegetables: Sauté tofu with a variety of vegetables like broccoli, cauliflower, and carrots in a light soy sauce or ginger-garlic sauce.
8. Quinoa or Brown Rice: Serve the stir-fry with a small portion of quinoa or 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. Portion Control: Be mindful of portion sizes, and avoid eating large portions, especially during dinner.
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.