

Breakfast:

1. Vegetable Dalia (Broken Wheat Porridge): Cook dalia with plenty of vegetables like carrots, peas, and beans. Season with cumin and coriander.
2. Green Smoothie: Blend spinach, banana, low-fat yogurt, and a touch of honey for added flavor and nutrients

Mid-Morning Snack:

3. Mixed Nuts and Seeds: A small handful of mixed nuts and seeds, such as almonds, flaxseeds, and pumpkin seeds, for healthy fats and protein.

Lunch:

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

Afternoon Snack:

6. Greek Yogurt with Berries: A serving of Greek yogurt with fresh berries and a sprinkle of chia seeds 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. Portion Control: Be mindful of portion sizes and avoid overeating, especially during dinner.
2. Calorie Control: Focus on portion control and tracking your calorie intake to create a calorie deficit for weight management.
3. Hydration: Drink plenty of water throughout the day to stay hydrated. Staying hydrated can help control appetite.
4. Limit Processed Foods: Reduce or eliminate processed and sugary foods like sweets, fried snacks, and sugary drinks from your diet.
5. Regular Exercise: Combine your diet plan with regular physical activity to support your weight management goals.
6. Meal Timing: Try to have smaller, balanced meals and snacks at regular intervals to maintain steady energy levels.
7. Consult a Dietitian: If you have specific weight management goals or dietary concerns, consider consulting a registered dietitian who can provide personalized guidance.