

Diet Plan

Patient Name: John Doe

Prepared By: Nutrition Specialist

Daily Diet Plan:

1. Morning:

- Oatmeal with skim milk and a sprinkle of chia seeds.
- One boiled egg.
- Herbal tea or black coffee (no sugar).

2. Mid-Morning Snack:

- One banana or an apple.

3. Lunch:

- Grilled chicken breast or baked fish.
- Steamed vegetables (broccoli, carrots, spinach).
- Brown rice or quinoa (1 cup).

4. Afternoon Snack:

- A handful of mixed nuts (unsalted).

5. Dinner:

- Lentil soup or a small serving of grilled tofu.
- Salad with olive oil dressing (include lettuce, cucumber, and tomatoes).
- Whole-grain bread (1 slice).

6. Evening Snack (if needed):

- A small cup of low-fat yogurt.

Lorem Ipsum