

Sample Diet Chart For Weight Loss

Breakfast	<ul style="list-style-type: none">• Omelet of 2 eggs, multigrain toast with low-fat cheese and black coffee.• 2-3 idlis with sambhar.
Morning Snack	<ul style="list-style-type: none">• 1 cup fresh yogurt (dahi), ½ apple, a handful of almonds or walnuts.
Lunch	<ul style="list-style-type: none">• 2 rotis (without oil or ghee), 1 plate rice, 1 cup dal, ½ cup vegetable or chicken curry and 1 bowl salad.• 1 cup cooked rice (without starch) with ½ cup vegetable curry.
Afternoon Snack	<ul style="list-style-type: none">• 1 cup moong bean sprouts, 15 peanuts with salt pepper and lemon to taste.• 1 cup yogurt with cut fruits.<ul style="list-style-type: none">• 1 apple.• Cucumber or carrot slices.
Dinner	<ul style="list-style-type: none">• 1 roti (without oil or ghee), ½ cup vegetable curry, 1 cup dal and 1 bowl of salad. <p>1 cup rice (without starch), 1 cup of dal and 1 bowl of salad· 1 cup of chicken curry, ½ cup of boiled rice (without starch), 2 rotis (without oil or ghee) and 1 bowl of salad.</p>
Evening Snack	<ul style="list-style-type: none">• 1 glass milk.• Lime juice·• Watermelon or any other fruit.