
DIET PLAN FOR OVERWEIGHT

Breakfast:

- A protein rich breakfast is a must.

An experiment by the University of Missouri involving 20 overweight females between the ages of 18 and 20 proved that a high protein breakfast led to reduced cravings and they also snacked less on unhealthy foods. Moong dal paratha, sprouted moong with poha or upma, muesli or flakes with fruits and seeds or oats idlis, eggs in different forms, peanut butter sandwich with a glass of milk or fresh fruit juice.

Mid-morning snack:

- Fruits with buttermilk or green tea.

“Green tea increases fat burning and improves physical performance. It can lower your risk of Type 2 diabetes, risk of cardiovascular disease and help you lose weight and lessen your risk of obesity,”

Lunch:

- Homemade dal or legumes, roti, veggies with soup and green salad and raita or curd.

Early-evening snack:

- Protein shake, nuts and seeds, veg sandwich or milk and apple. Researchers at Pennsylvania State University conducted a study which proved that nuts such as almonds have anti-cholesterol benefits and hence should be included in your diet.

Dinner:

- Dal, veggies, with brown rice or roti and vegetable soup. And you should keep in mind that a light dinner is important, since the digestive system should get rest at night.