

Diet plan for weightloss



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1 bowl of poha or daliya with vegetable	Oats porridge (with skimmed milk) and fruits	2 brown rice idlis with sambhar	2 brown toasts with 1-egg omelette or 1 small bowl low-fat paneer bhurji	1 besan chilla with coriander-mint chutney
Snack	Mixed nuts (approx. 25g)	1 bowl of roasted makhana	1 apple	1 bowl of carrot and cucumber sticks	1 bowl of cut fruits and 1/2 glass of skimmed milk
Lunch	1-2 chapatis, 1 small bowl of dal, 1 small bowl of sabzi (carrot-cauliflower-peas) and 1 bowl of curd	1 chapati, 1 small bowl of methi dal, 1/2 small bowl rice, 1 small bowl of sabzi (okra), and 1 bowl of vegetable salad	1 bajra roti, 1 small bowl of dal, 1 small bowl of sabzi (brinjal) and 1 bowl of vegetable salad	1 chapati, 1 small bowl of chole, 1/2 small bowl rice and 1 bowl of vegetable raita	1-2 chapatis, 1 small bowl of dal, 1 small bowl of sabzi (pumpkin) and 1 bowl of curd
Snack	1 bowl of cut fruits/ 1 glass of fruit juice	1 bowl of cut fruits/ 1 glass of fruit juice	1 bowl of soup	1 bowl of sprouts salad	5-7 soaked almonds
Dinner	1-2 chapatis, 1 small bowl of dal and 1 small bowl of sabzi (palak paneer)	1-2 chapatis, 1 small bowl of dal and 1 small bowl of sabzi (bottle gourd)	Mixed vegetable salad topped with nuts, and grilled low-fat paneer	1-2 chapatis, 1 small bowl of dal and 1 small bowl of sabzi (stuffed bitter gourd)	1 bowl of barnyard millet pulao with 1 small bowl of mixed vegetable curry
Optional beverages	Cucumber juice, wheatgrass juice, ash gourd juice, green tea, lemonade or amla juice				

This is an indicative diet. Consult a nutritionist to get a customized diet plan for your needs.

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Rachel Sandford

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Making Weight Control Second Nature Susan Burke March,2009 It is all in here A way of living that puts you in control of your weight and health You can be that person who makes deliberate choices one day at a time one meal at a time one food at a time and one walk at a time from publisher s website **Monthly Bulletin**,1895 **CIO**,2002-02-15 **The Ounces Countdown Weight Loss Approach** Patrick Hafner,2010-04 Hafner helps pave the way for sensible realistic easy and lasting weight control He asserts that by doing half the things listed in this book progress should begin immediately

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Nutrition in Pharmacy Practice Ira Wolinsky,Louis Williams,2002 This book provides pharmacists with the information needed to make sound decisions and gives patients accurate advice in nutrition counseling Based on a survey conducted by the American Pharmaceutical Association this book equips pharmacists with the knowledge to advise patients on nutrition weight control diet and disease nutrient drug interactions pediatric nutrition enteral and parenteral nutrition ergogenic aids and herbal supplements The book s nine chapters have been thoroughly researched and referenced and highly useful appendices include dietary reference intakes and tolerable upper intake levels selected nutrition references and selected Websites **World Health**,1957 *Nutrition Abstracts and Reviews*,2006 **Iowa Administrative Bulletin**,2001 **The National Jewish Monthly**,1969 *Country Living*,2002 **The (old) Farmer's Almanack** Robert Bailey Thomas,1995 A compilation of practical advice and folklore features weather forecasts for the United States planting tables health remedies horoscopes recipes games and puzzles and other entertaining and useful information

Practical dietetics, with reference to diet in disease Alida Frances Pattee,1920 **Buffalo Medical Journal and Monthly Review of Medical and Surgical Science**,1915 **Therapeusis of Internal Diseases** Frederick Forchheimer,1918 **Forchheimer's Therapeusis of Internal Diseases** Frederick Forchheimer,1920

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