

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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R Barnett

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