

Meals	Food
<b>Breakfast</b>	Boiled egg 1 + Milk 1 cup (low fat, no added sugar) OR Bread slice 1 + 1 egg white omelet + Tea with 1 cup (low fat milk, no added sugar) OR Oat Cereal ¼ cup + Boiled egg white 1
<b>Snack</b>	Any medium sized fruit 1 (Apple, Guava, Orange, Peach, Pear, Pomegranate, Persimmon fruit, banana), ½ grapefruit, OR 1 cup fruit cubes / fruit chat (no added sugar / syrup)
<b>Lunch</b>	White meat 4-5 ounce (boiled, grilled or oven baked) Salad 1 plate steamed veggies (cucumber, cabbage, radish, carrot) Raita / yogurt ½ cup 1 cup green tea
<b>Evening snack</b>	Fruit (as above) OR Brown Rusk 1 + Tea 1 cup with (low fat milk, no added sugar)
<b>Dinner</b>	½ Chapatti (8 inches in diameter) + ½ plate curry OR Rice boiled ( 1/3 cup) + Soup 1 bowl (chicken + veggies) OR Bread slice 1 + Soup 1 bowl (chicken + veggies)
<b>Bed time</b>	Skimmed milk 1 cup OR 1 Fruit any

Oil intake = 1 tablespoon / day (inclusive of all cooked & uncooked foods)

### SPECIAL INSTRUCTIONS

- Restrict fat. Avoid ghee, cream, cheese, mayonnaise, butter and margarine.
- Avoid bakery products, fried foods, creamy dips and sauces.
- Reduce consumptions of simple sugars (cokes and soft drinks), red meats and organ meats.
- Use sweeteners off & on but not as a sugar replacement for all sweets and desserts.
- Can take low fat milk available in market or fat removed from fresh milk (boiling and then cooling it in fridge for 4-5hrs) is fine.
- Juices (commercial or homemade) are not allowed
- Regular walk/exercise.

### Note

- Not to be used for longer periods of time without supervision.
- Get your individual diet plan from dietician.
- Plan changes if you have diabetes, heart disease or renal issues.

# WEIGHT LOSS DIET PLAN

