

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 ½ 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, ½ 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, ½ 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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Zhe Xu



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The Top 5 Diets For Weight Loss Gregory Groves,2020-09-25 Which diet should you choose to lose weight So many people struggle daily trying to identify with what is the best diet out there to actually lose weight The problem with pretty much every fad diet and weight loss book out there is that all the information is just the same old recycled information In this short book I ll help answer the questions What are the best diets for weight loss Is one diet superior than the others How do I choose the right diet for me When I do choose a diet what is the best program to help me actually use this diet properly Although there are so many diets out there in this short book I go through the 5 most common and popular diets and share the most effective programs to help you with which ever one you choose HIT THE BUY NOW BUTTON AND START TAKING CONTROL ON YOUR TERMS As I am fond of saying Transform Your Habits Transform Your Mind and Transform Your Life Always remember Action success and change begins with you

17 Day Diet Bible: The Ultimate Cheat Sheet & 50 Top Cycle 1 Recipes Samantha Michaels,2014-04-01 The 17 Day Diet Bible offers a safe effective and lasting way for shedding some pounds Unlike many programs that will just starve you to lose weight this encourages you to eat well and exercises well to lose those pounds The program walks you through from detoxification to eating well and losing pounds permanently The step by step cheat sheet will help you document progress and it also makes implementing this diet easy The 17 Day Diet Bible also helps you avoid mistakes dieters tend to make but instead it will help you to rapid weight loss safely effectively and permanently This is a simple plan to follow with long lasting results if you really put your heart into it The 17 Day Diet Bible also comes with 50 delicious healthy and diet friendly recipes that can go along with your diet **Eat To Live Bible: The Ultimate Cheat Sheet & 70 Top Eat To Live Diet Recipes (With Diet Diary & Workout Journal)** Samantha Michaels,2014-03-31 The eat to live diet offers a highly effective scientifically proven way to lose weight quickly The key to this diet is very simple and is based from Dr Joel Fuhrman s revolutionary six week plan and that is focused on nutrient rich foods The more nutrient dense food you eat the less you crave fat sweets and high caloric foods There are 70 delicious and easy to prepare recipes you can enjoy that won t break your diet and will certainly help you lose weight [The 90/10](#)

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heart disease and cancer Menus that are designed to include food the dieter will love *Low GI Diet 12-week Weight-loss Plan* Jennie Brand-Miller, Joanna Mcmillan-Price, Kaye Foster-Powell, 2011-01-01 This updated edition of Australia's bestselling Low GI Diet program explains how a low GI diet can help you lose weight and keep it off Featuring twelve weeks of menus tailored to your weight and activity level and twelve weeks of easy to follow aerobic and resistance exercises that will take you just 30 minutes a day this book outlines a nutritionally balanced effective and healthy way to start losing weight and improve your overall health and includes Tools and tips to maintain weight loss for life Delicious recipes and a menu survival guide for eating out How to balance protein and carbohydrate Photographs of exercises Updated GI tables for your favourite foods The most significant dietary finding of the last 25 years the glycemic index GI is an easy to understand measure of how food affects blood glucose levels and has revolutionised the way we eat

The Perricone Weight-Loss Diet Nicholas Perricone, MD, 2009-08-05 From 1 New York Times bestselling author Nicholas Perricone respected physician award winning research scientist and trusted expert on health and beauty comes the biggest breakthrough in weight loss since Atkins Millions of women and men have restored youthful radiance smoothness and suppleness to their skin through Dr Nicholas Perricone's advice care and transformative eating plan and all with the welcome yet unexpected benefit of losing excess weight along with the wrinkles Building on this discovery Dr Perricone breaks new ground with his trademark anti inflammatory program based on the foods supplements and lifestyle changes with the proven ability to accelerate fat loss by increasing metabolism and building and maintaining muscle mass Consider this staggering fact As we age we can expect to gain ten pounds of fat and lose five pounds of muscle each decade In three easy steps Dr Perricone shows how to fight this weight gain and rebuild muscle mass and avoid the haggard aging and drawn appearance that results from other weight loss programs Inside The Perricone Weight Loss Diet discover the rejuvenating and slimming secrets of the anti inflammatory diet which foods supplements and lifestyle changes enable us to lose fat while maintaining muscle how to control hormones such as insulin and cortisol to lose weight how to maintain youthful firm and radiantly toned skin on the face and body during weight loss As an added bonus as you follow Dr Perricone's program you'll sleep better have more energy and less stress and experience greater mental clarity without the food cravings Lose the weight the wrinkles and the years

The Structure House Weight Loss Plan Gerard J Musante, 2008 One of America's most respected weight loss experts presents his proven behavioral approach that has helped thousands attain their best weight Rather than focusing on what and how much to eat Dr Musante helps readers understand and address their relationship with food

The Wellspring Weight Loss Plan Daniel S. Kirschenbaum, 2011-03-01 The Wellspring Weight Loss Plan outlines the weight loss program of the same name that has helped thousands of teens lose weight and find happiness This plan is built on three principles science simplicity and sustainability and follows the 3 1 8 plan 3 Simple Behavioral Goals eat as little fat as possible walk at least 10 000 steps per day and write down your eating and activities 1 Challenging Mission to develop a healthy obsession 8 Steps to Developing a

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