

# 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.

# Weight Loss Plan This Month Install

**Chao Zhang**



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