

Weight Reducing Diet Plan (1200 calories)

Early morning

- Methi daana half tsp soaked in water
- Lemon water/ herbal tea/ green tea/ without sugar
- Dry fruits [only almonds (2-3) and walnuts (2)]



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Breakfast

- Toned milk, 1 glass (200 ml)
- Whole grain bread/multigrain bread (1 in no.) OR chapati/ suji upma/oats/daliya pulav/ muesli/ wheat flakes (40 gm)
- Egg white/ paneer/ tofu, 2-3 small pieces (30 gm)



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Mid-morning

- Seasonal fruit, one small plate (100 gm) [apple/ melon/ guava/ watermelon/ papaya/ pear/ orange]
- Buttermilk, 1 glass



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Lunch

- Chapatti- 2 in no. (using multi grain flour- whole wheat flour+ soya bean flour/ black chana flour in the ratio of 4:1)
- Whole pulse (half small bowl)
- Curd/raita (1 small bowl with one tsp flaxseeds)
- Salad (100 gm) with sprouts (15 gm)
- Oil for the preparation- half tsp



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Evening Tea/ Sham Ka nashta

- Green tea (one cup)
- Low salt wheat puffs/ roasted namkeen/ raw paneer (50 gm)/ oats or ragi biscuit (2 in no.)



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At 7 PM / Before Dinner

- Vegetable soup/ daal soup/ chicken soup (without corn flour)



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Dinner

- Chappati- 2 in no. (using multi grain flour)
- Seasonal vegetable (1 small bowl)
- Daal (1 small bowl)
- Salad (in a good amount)
- Oil for the preparation- half tsp



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Bedtime

- Toned milk (200 ml)



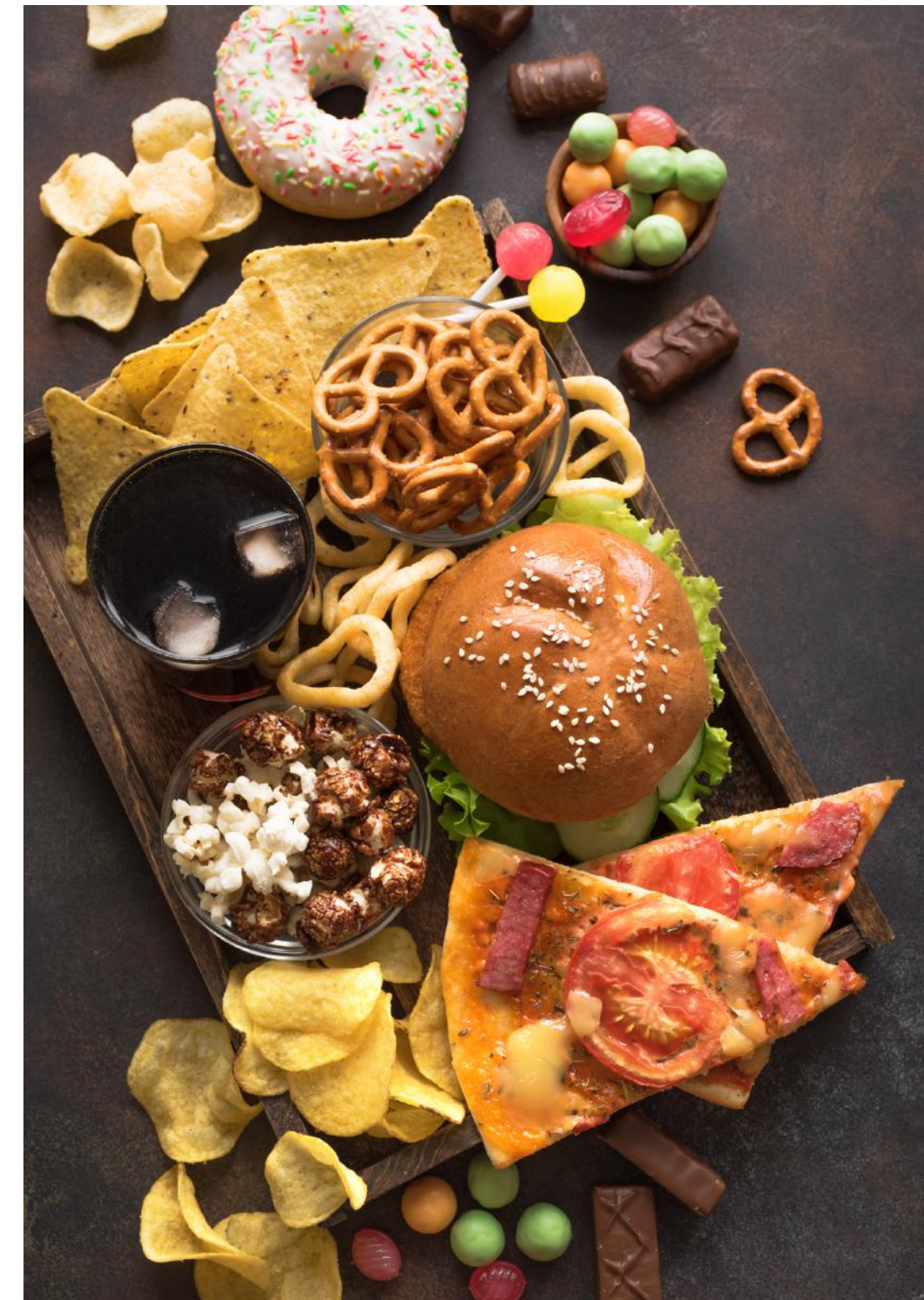


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Foods to be strictly avoided

- All fried foods like paratha, cutlets, samosa etc.
- Saturated fats like butter, desi ghee, cream, vanaspati, margarine
- Full cream milk
- Sugar and sweet products such as glucose, honey, jam, jellies, chocolate, candies, marmalade, ice cream, jiggery
- Carbonated beverages, alcoholic drinks, squashes and fruit juices
- Red meat, organ meat, egg yolk
- Root vegetables like potato, zimikand, arbi, beetroot and sweet potato
- Fruits like mangoes, cheeku, banana, grapes, lichi, plums, strawberries
- Pickles in oils
- Horlicks, complan, bournvita etc.
- Dry fruits except for almond and walnut
- Nibbling and snacking in between meals



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Foods allowed

- Green leafy vegetables like spinach, bathua, methi, mustard leaves
- Skimmed milk and its product
- Egg white, fish, chicken
- Moderate consumption of refined cereals like breads, buns, pastas, noodles, rice and rice products
- Sprouts and salad should be consumed liberally.
- Lemon water, pudina water, clear vegetable soup
- Follow a regular meal pattern with fixed timings
- Brisk walk or exercise should be done regularly.

