

WEIGHT LOSS VEG DIET PLAN

<u>MEAL TYPE</u>	<u>MENU</u>	<u>QUANTITY</u>
EARLY MORNING	Jasmine tea or Tulsi Decoction /Lemon Water(luke warm without sugar/salt/honey)	1 Glass
BREAKFAST	Brown Bread Sandwich Butter Milk/ Skimmed Milk or Dalia/ Upma with lots of vegetables/ oats	1 Slices 1 Glass 1 Cup
POST BREAKFAST/PRE-LUNCH	Orange or Seasonal fruit+ Buttermilk / Roasted Chana Chat (1 fist)	1
LUNCH	Chapatti/Missi Roti/any stuffed roti without oil except potato, Sweet Potato, Paneer Seasonal veg (mostly green vegetables) Mixed Dal or Curd/Raita Mixed Salad	2 1 Cup 1 Bowl 1 Bowl 1 Plate
SNACKS	Roasted Chana / Soup (homemade)/Green Tea + Marie Biscuit -2	½ Cup / 2 Pieces
DINNER	Chapati Mixed Veg Moong Dal Mixed Salad or Oats (2tbsp) + milk (200ml) + Apple (1)chopped Dalia + Milk or Meal Replacer (proteins) + Apple	250gms 1 Quarter Plate 1 Cup
BED TIME	Toned Milk	1 Glass