



Name- Vidya
Age- 26 years
Weight- 74.6kg
BMI-30.4
Dietary preference- south Indian/ Veg
Medical condition- Nil

Pre- workout- 7:00am**Option 1**

Methi Seeds Water -1 glass
Mixed Seeds -1 teaspoon
Dates -2 small date, pitted

Option 2

Turmeric Cinnamon Water- 1 Glass
Mixed Seeds- 1 teaspoon
Banana -1 small

Breakfast- 8:30am**Option 1**

Onion Uttapam -2 mini uttapam
Peanut Mint Chutney -2 tablespoon

Option 2

Millet Idli/ normal idli -2 piece
Sambar -0.75 katori
Low Fat Curd -1 katori

Option 3

Pongal1 -bowl
Vegetable Sambar -1 katori

Option 4

Vegetable Upma 0.5 bowl
Green Chutney - 2 Teaspoon
Low Fat Curd -1 katori

Option 5

Vegetable stuffed roti- 2
Soya chunk curry -1 katori
Low Fat Curd- 1 katori

Option 6

Oats with Nuts in Low Fat Milk -0.75 bowl
Chia Seeds -1 teaspoon

Option 7

Wheat Bread vegetable sandwich-1
mint curd dip-1 katori **or** roasted paneer- 3 cubes



Mid-morning- 10:30am

Option 1

Pomegranate- 60 grams

Option 2

Melon, water 2 cup, diced

Option 3

Guava-1 fruit, with refuse

Option 4

Apple 5 slice

Pre-Lunch- 12:15 pm

Vegetable Salad 1 katori

Lunch- 12:30pm

Option 1

Cooked Rice 1 katori

Mixed veg Sambar 1 katori

Low Fat Curd 1 katori

Option 2

Cooked Rice 1 katori

Vatta Kolambhu 0.75 katori

Avarakkai Poriyal 1 katori

Low Fat Curd 0.5 katori

Option 3

Rasam Rice 1 cup

Vendakkai Poriyal 1 katori

Buttermilk 1 glass

Option 4

Chapathi- 2

Chana masala/ rajma curry – 1 katori

Option 5

Vegetable peas/ paneer Pulav -0.75 bowl

Onion Raita 1 katori

Option 6

Chapathi- 2

Paneer peas curry – 1.5 katori

Option 7

Mashed chickpea stuffed roti- 2

Vegetable sabji -1 katori

**Evening snack 4:00 pm****Option 1**

Roasted Chickpeas 2 tablespoon

Option 2

Corn Salad 0.75 katori

Option 3

Home made bhel puri with peanuts and veggies (no mixture)- 1 katori

Option 4

Sprouts Sundal 0.75 katori

Evening snack -5:00

Tea with Low Fat Milk 150 ml

Dinner- 7:00pm**Option 1**

Dosa 2 small

Sambar -1 katori

Option 2

Ragi Roti -2

Paneer Vegetable Peas Sabji 1 katori

Option 3

Pesarattu 2 small

Mixed Vegetable Curry 0.75 katori

Option 4 299.84 Cal

carrot Idli 2 piece

Mint Coriander Chutney 2 tablespoon

Buttermilk 1 glass

Option 5

Chapatti 2

Paneer Tikka Masala 0.75 katori

Option 6

Oats Vegetable Upma 1 cup

Coconut Peanut Chutney 2 tablespoon

Option 7

Vegetable Sevian 1 bowl

Tomato Onion Chutney 3 tablespoon

low fat curd- 1 katori

Bed time- 10:00 pm

Skimmed Milk with Pepper and Turmeric 200 ml



Quantity Help

1 Tablespoon -15gms

1 Katori- 150 ml

1 Cup- 250ml

1Bowl- 350ml

1 Glass-250ml

DIETARY GUIDLINES

- Eat three balanced meals a day to help control your hunger.
- Watch portion sizes and eat small servings of a variety of foods.
- Choose low-calorie snacks.
- Eat only when you are hungry and stop when you are satisfied.
- Eat slowly and try not to perform other tasks while eating.