

WEIGHT LOSS DIET PLAN

Name: Mrs Anila jain

Body fat percentage- 49.8 % (ideal % - 31%)

Age: 40 yrs

BMI-31.2(obese class 1)

Height: 152 cm

Cal diet per day-1500cal

Weight: 72 kgs

WHR-49.8%

USE LOW FAT MILK TO DRINK AND PREPARE CURD AND BUTTER MILK.

Wake up at 4.30 am	Breakfast 8:30-9:00am	11:00am mid-morning snack
<p>1 tbsp flaxseed soaked overnight in 150 ml of water & have it seeds..</p> <p>You can squeeze ½ lemon for taste..+1 Walnut+1 fig +5 black raisins</p> <p style="background-color: yellow;">6.30 am- 1 medium glass milk added with ¼ spoon of halim seeds</p> <p>Workout for 45mins in the morning or evening..</p>	<p>1 paneer paratha+ mint chutney Or 3 idli + 1 medium katori sambar + 1 tbsp chutney or 2 dosa + medium katori sambar + chutney Or 1 moong dal paratha + mint chutney Or 2 moong dal chilla + mint chutney Or Red rice poha added with peanuts dash with dry coconut (medium katori) Or Upma added with veggiea and urad dal (medium katori)</p>	<p>Any seasonal fruit of your choice</p> <p>1 apple (medium size)</p> <p>Pomegranate seeds(medium katori)</p> <p>Watermelon(big katori)</p> <p>1 orange/1 lime</p> <p>Mango (medium katori)</p> <p>Musk melon(3 slice)</p> <p>1st 15 adys-pumpkin + flax seeds 1 tbsp each</p> <p>Last 15 days-sunflower + sesame 1 tbsp each</p>
		<p style="background-color: yellow;">12.30 pm</p> <p>1 glass water added with 1 tsp of sabja seeds..</p>

Lunch 1:00-1.30 pm	Mid evening snack 4:00pm	Dinner 6:00-6:30pm
<p>2 roti 6" size each+ 1 tsp ghee + 1 medium katori sabji(leafy greens) + 1 small katori curd + chutney 1 tsp +salads.</p> <p>Concoction receipe-1 tsp fennel seeds+1tsp jeera+1 tsp ajwain+2 strands of kadipatta+1 inch cinnamon+pinch of black pepper+2 cardamon..add all ingredients in a container,and boil for 15-20 min until colour changes..strain it & have it</p>	<p>Biotin laddoo 1 small + 1 cup milk Or One handful roasted peanut + 1 cup milk Or Small katori makhana Or Sattu masala chaas Or Mix nuts 2 walnut + 6 kaju +6 raisins+ lemon water</p>	<p>2 roti+1 medium katori sabji+ medium katori dal +salad Or 1 large katori khichdi/daliya added with veggies Or Medium katori rice +medium katori dal + small katori sabji</p>
<p>Roti option: wheat chapati 2 Bajra roti 1(once in a week) Jowar roti 1 Nachni roti 2(once in a week)</p> <p>Note: roti can be replaced with rice (1 medium katori)</p> <p>Use lemon to make dals every day.</p>	<p>Each to be chosen every day.</p>	<p>Rice to be used: brown rice/ hand pounded rice.</p> <p>Pulao can be enjoyed once in a week.</p>
<p>Sabji: all seasonal veggies to be used.</p> <p>Use more of palak, methi, cabbage as single veggie or make in combination, like with dal or paneer.</p>	<p>Can use chole /rajma /chawli / massor in place of dal..</p> <p>Use more of soya n soyaproducts like tofuu..</p>	<p>Use paneer & soyachunks while making pulao.</p> <p>Note- can have small glass milk added with ¼ spoon of haldi if you feel hungry..</p>

Walk for 30 min every day in the morning or in the evening as suitable.

Water per day: 3/3.5 liters

Chutneys to be included daily one:

Peanut chutney 1tsp

Dry coconut chutney 1tsp

Til seeds chutney 1 tsp

Flax seeds chutney 1 tsp

Quantity measurements:

1small katori 150ml

1 medium katori 200ml

1 large katori 250ml

1 small glass 150ml

1 small cup 100ml

1 tbsp 5 grams

1 piece 6" size that is one closed palm size.

Work out to be done in the morning hours before breakfast.

For 45 mins. Or dinner.