

Redefine Health Clinic

Name:- **Brinda Nadar**

Present weight: - 83.6kg

Ideal body weight (IBW): 60-65

Body mass index (BMI):30.3

Diagnose :- -

Quantity measures:-

One plate: 300gm

One bowl / one katorie : 150gm approx.

Half plate: 150gm

One teaspoon: 5 g (tsp)

One tablespoon: 15g (tbsp)

Wakeup Drink:

- 2Tbsp Apple Cider Vinegar (Kapiva) in a glass of lukewarm water

Post dinner Drink:

- Cinnamon powder 2g in a glass of lukewarm water, add ½ lemon juice

2 WEEKS HEALTHY WEIGHT LOSS DIET PLAN

- ✓ Sun exposure for at least 15-20 minutes around 6-8am in morning
- ✓ 2 cups green tea in a day (Mandatory)
- ✓ Chew ½ tsp Roasted fennel / ajwain seeds after lunch and dinner
- ✓ Always add ½ tsp Flaxseeds in plate of salads
- ✓ Add soaked chia seeds in cut fruit everyday (good for digestion)
- ✓ Take roasted channa or roasted makhana or homemade popcorn in between meals
- ✓ 6 soaked Almonds and 3 Walnuts everyday after 15 min of morning detox drink
- ✓ 1 cup coffee or tea once in a day (Optional)

MONDAY

- **Breakfast:** 1 bowl poha with veggies + 1 glass lemon water
- **Lunch:** 1 bowl any sabji + 1 multi grain chapatti + salad (½ plate) + ½ bowl yogurt
- **Evening:** 1 bowl of fresh fruit (apple / kiwi / 2 slice papaya) with 1 glass Lemon water
- **Dinner:** 3 boiled egg whites + ½ plate salad

TUESDAY

- **Breakfast:**– 2 Oats or besan cheela with mint chutney + 1 glass lemon water
- **Lunch :** 2-3 Idli with sambhar + 2 tsp chutney
- **Evening:** 1 fresh fruit with 1 glass coconut water
- **Dinner:** 1 bowl mix veg soup + 1 bread toast

WEDNESDAY

- **Breakfast-** 1 bowl Upma with veggies with 1 glass Orange juice fresh
- **Lunch** – 1 plain dosa with sambhar + ½ plate salad
- **Evening** –1 glass coconut water + 1 fresh fruit + 5-6 roasted peanuts
- **Dinner-** 3 boiled eggs (only whites) + ½ plate salad

THURSDAY

- **Breakfast**– 2 pc Veg Grilled Sandwich (with added 5g Cheese) with 1 glass lemon water
- **Lunch** –1 multigrain roti + any seasonal sabji + half plate salad + ½ bowl curd
- **Mid evening**– 1 apple // 2 pear + 1 glass lemon water
- **Dinner-** ½ plate sweet corns boiled with veggies

FRIDAY

- **Breakfast-** 1 stuffed chapatti + 1 glass lemon water
- **Lunch-** ½ plate rice with 1 bowl rajma + salad (½ plate) or 2 idli with sambhar
- **Evening-** 1 bowl of fresh fruit (apple / kiwi / 2 slice papaya) + 1 glass Lemon water
- **Dinner-** 1 moong dal cheela with chutney + 2 boiled egg whites

SATURDAY

- **Breakfast**– 1 bowl vegetable Oats (30g) with 1 glass Orange fresh juice
- **Lunch**– 1 bowl saag+ 1multigrain roti + ½ plate onion and cucumber salad
- **Mid evening** – 1 glass lemon water + ½ bowl homemade popcorn
- **Dinner** – ½ plate moong dal sprouts salad

SUNDAY

- Breakfast:** 2-3 Oats Idli with 2 tsp chutney/normal roti + 1 glass lemon water
- Lunch** -Cheat meal 😊 (no fried oily or sugary food)
- Dinner** – 1 bowl veg soup or tomato soup with 1 plate salad

**** Brisk walking/ exercise (40 -50 mins)/ yoga should be done regularly ****

Good luck.

Keep smiling.

Do's :-

- Small frequents meals (5-6)
- Drink plenty of water (3-4 liter)
- Include iodized salt in diet (3g/day)
- Vegetable soups, lemon water, coconut water should be consumed liberally.
- Follow a regular meal pattern.
- Drink water half an hour before or after meals.
- Avoid irregular and hurried meals.
- Include more of fibre (whole wheat breads or multigrain bread / Fruits with skin/ whole wheat chapatti).
- Include more of Citrus fruits(oranges, lemon, grapefruits etc)
- Multigrain roti (whole wheat atta 40+ chana flour 20% + jowar atta 20% + ragi flour 20%)

Don'ts :-

- **Avoid junk food (fried , chocolates, pizza , chips, processed items)**
- **Avoid munching in between meals.**
- **Avoid sugar intake or sugar products**
- **No yellow butter / Vanaspati / refined oils**
- **No Maida/ samosa/ paratha / cutlets etc.**
- **No packed items (chips, juices, chocolates)**
- **No fried chicken / red meat kabab/ red meat in gravy**
- **No bourn vita , complain , horlicks**
- **No Alcohol consumption**
- **Avoid smoking**

ReDefine Health