

Diet Chart for Weight Loss

We have devised a comprehensive and practical one-week diet plan tailored for both men and women seeking to shed excess weight. This diet chart is designed for weight loss and can be effortlessly followed as part of your weight management journey. You can easily repeat this plan to achieve and maintain your weight loss goals.

Things to Avoid	Things to Addon
<ul style="list-style-type: none">● Dont Starve Youself● Dont Drink Ton of Alcohol● Dont Think Short Term● Dont Deprive Yourself of Indulges● Junk food● Fast food	<ul style="list-style-type: none">● Regularly Eat Clean, Healthy Foods● Drink a Ton Water● Create a Meal Plan for Each Week● Have Willpower● Veggiesoup(homemade)

Sunday

Breakfast
(8:00-8:30AM)

3 egg whites + 1 toasted brown bread + 1/2 cup low fat milk (no sugar)

Mid-Meal (11:00-11:30AM)	1 cup papaya
Lunch (2:00-2:30PM)	1 cup arhar dal + 1 chapatti + 1/2 cup low fat curd + salad
Evening (4:00-4:30PM)	1 cup vegetable soup
Dinner (8:00-8:30PM)	1 cup pumpkin + 1 chapatti + salad

Monday

Breakfast (8:00-8:30AM)	1 onion stuffed chapatti + 1/2 cup low fat curd
Mid-Meal (11:00-11:30AM)	1 cup coconut water
Lunch (2:00-2:30PM)	1 cup moong dal/ chicken curry + 1 chapatti + salad
Evening (4:00-4:30PM)	1 cup pomegranate

Dinner
(8:00-8:30PM)

1 cup beans + 1 chapatti + salad

Tuesday

Breakfast
(8:00-8:30AM)

2 besan cheela + 1/2 cup low fat curd

Mid-Meal
(11:00-11:30AM)

1 apple

Lunch
(2:00-2:30PM)

1 cup masoor dal + 1 chapatti + 1/2 cup low fat curd + salad

Evening
(4:00-4:30PM)

1 cup tomato soup

Dinner
(8:00-8:30PM)

1 cup carrot peas vegetable +1 chapatti + salad

Wednesday

Breakfast
(8:00-8:30AM)

1 cup vegetable brown bread upma + 1/2 cup low fat milk (no sugar)

Mid-Meal
(11:00-11:30AM)

1 cup musk melon

Lunch
(2:00-2:30PM)

1 cup rajma curry + 1 chapatti + salad

Evening
(4:00-4:30PM)

1 cup vegetable soup

Dinner
(8:00-8:30PM)

1 cup parwal vegetable + 1 chapatti + salad

Thursday

Breakfast
(8:00-8:30AM)

1 cucumber hungcurd sandwich + 1/2 tsp green chutney + 1 orange

Mid-Meal
(11:00-11:30AM)

1 cup buttermilk

Lunch
(2:00-2:30PM)

1 cup white chana/ fish curry + 1 chapatti + salad

Evening
(4:00-4:30PM)

1 cup low fat milk (no sugar)

Dinner
(8:00-8:30PM)

1 cup cauliflower vegetable + 1 chapatti + salad

Friday

Breakfast (8:00-8:30AM)	1 cup vegetable poha + 1 cup low fat curd
Mid-Meal (11:00-11:30AM)	1 cup watermelon
Lunch (2:00-2:30PM)	1 cup chana dal + 1 chapatti + salad
Evening (4:00-4:30PM)	1 cup sprouts salad
Dinner (8:00-8:30PM)	1 cup tinda vegetable + 1 chapatti + salad
Saturday	
Breakfast (8:00-8:30AM)	1 cup low fat milk with oats + 3-4 strawberries
Mid-Meal (11:00-11:30AM)	1 cup coconut water
Lunch (2:00-2:30PM)	1 cup soybean curry + 1 chapatti + 1/2 cup low fat curd + salad

**Evening
(4:00-4:30 PM)**

1 cup fruit salad

**Dinner
(8:00-8:30 PM)**

1 cup ghia vegetable + 1 chaptti + salad

WORKOUT

- 10 min walk
- Anulom Vilom pranayama
- Leg raise
- Butterfly pose
- Bodyweight squats

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