

DIET PLAN FOR WEIGHT LOSS

THIS IS ONLY FOR A REFERENCE PURPOSE

DEPARTMENT OF BREAST AND ENDOCRINE SURGERY

GOLDEN RULE: Protein in Every Meal

Include: Moong dal / Masoor dal, Paneer (low fat), Eggs, Chicken / fish, Curd, Roasted chana, Tofu

Target: 1-1.2g protein per kg body weight (approx)

Carbs – Controlled, Not Zero

Avoid carb elimination. Control portion instead.

Choose: 1-2 roti per meal, Brown rice (small portion), Oats, Daliya, Millets (limited quantity)

Avoid: White bread, Refined flour, Sugary cereals

Vegetables = Half Your Plate

Especially: Lauki, Tori, Pumpkin, Beans, Carrot, Palak, Cabbage (cooked)

Healthy Fats (Small Quantity)

5 almonds, 2 walnuts, 1 tsp ghee, Seeds mix

STOP These for Faster Results

Sugary tea/coffee, Cold drinks, Packaged juice, Fried snacks, Late night binge eating, Frequent cheat meals

Hydration

2.5-3 liters of water daily, Often hunger = dehydration.

Lifestyle for Weight Loss

Steps - 8,000-10,000 steps daily

Strength Training - 3-4 times per week (- Muscle increases metabolism)

Sleep - 7-8 hours mandatory

Stress Control - High stress = belly fat Practice breathing exercises.

Meal Timing - Eat every 3-4 hours, Early dinner (before 8:30 pm), Avoid heavy dinner

Sample One-Day Indian Weight Loss Diet

Morning (Empty Stomach) Breakfast

Warm water + lemon
salad

Vegetable oats / 2 boiled eggs + 1 toast

Mid-morning

Apple / Papaya

Lunch

2 roti + dal + sabzi +

Evening

Green tea + roasted chana

Dinner (Light)

Paneer bhurji / grilled chicken + vegetables

Optional (If Hungry)

Haldi milk (small cup)