

DIET GOALS

THIS IS ONLY FOR A REFERENCE PURPOSE

DEPARTMENT OF BREAST AND ENDOCRINE SURGERY

DAILY WEIGHT LOSS DIET CHART (VEGETARIAN)

Early Morning

- Garam paani
OR
- Jeera / methi water

Optional: 4–5 soaked badam

Breakfast (Skip bilkul nahi karna)

Koi ek choose karein:

- Vegetable oats / daliya
- 2 besan chilla + green chutney
- 2 multigrain roti + sabzi

Protein zaroor add karein

Mid-Morning

- 1 fruit: apple / papaya / pear
OR
- Coconut water

Lunch (Balanced plate)

- 2 roti ****ya**** 1 chhota bowl chawal
- Dal / rajma / chole
- Achhi quantity cooked sabzi
- Thoda salad

EVENING SNACK

- ✗ Biscuit / namkeen nahi
- ✓ Roasted chana / makhana

- Green tea / lemon water (mild)

DINNER (LIGHT & EARLY)

- 2 roti
- Sabzi
- Thoda paneer / tofu / dal

7:30–8 baje se pehle dinner

- Raat ko bhook lage toh
- Garam paani / haldi water
- ✗ Chips, chocolate, namkeen nahi

DO's (Yeh zyada khayein)

SABZIYAAN

- Lauki, tori, tinda
- Gajar, beans
- Palak (pakki hui)

PROTEIN (FAT LOSS KE LIYE ZAROORI)

- Dal, chana, rajma
- Paneer (100 g max/day)
- Dahi, chhach
- Sprouts (steam karke)

Carbs (Control mein)

- Multigrain roti
- Brown rice (kam quantity)
- Oats, millets

Paani

- 2.5–3 litre daily
- Herbal tea allowed

DON'TS (YEH AVOID KAREIN)

Bilkul band

- Sugar, meetha, cold drinks
- Fried food, pakode, samosa
- Bakery items (cake, pastry)
- Packed juices

Limit karein

- Chawal raat ko
- Aloo
- Ghee, butter, cheese
- Dry fruits (bahut kam)

Galtiyaan jo weight badhati hain

- Meal skip karna
- Sirf salad khana
- Crash / detox diet
- Weekend binge

TIPS & TRICKS (Sach mein kaam karte hain)

Plate Rule

- ½ plate sabzi
- ¼ plate protein
- ¼ plate roti / chawal

Khane ke rules

- Dheere khayein
- TV dekhte hue mat khayein
- 80% pet bhare toh ruk jaayein

Timing ka magic

- Early dinner = fast fat loss
- 12-14 ghante ka overnight gap

Oil control

- Din ka max **3 chammach tel**

Exercise (Must hai)

- Roz 30-45 min brisk walk
- Yoga / Surya namaskar
- Strength training 3 din/week