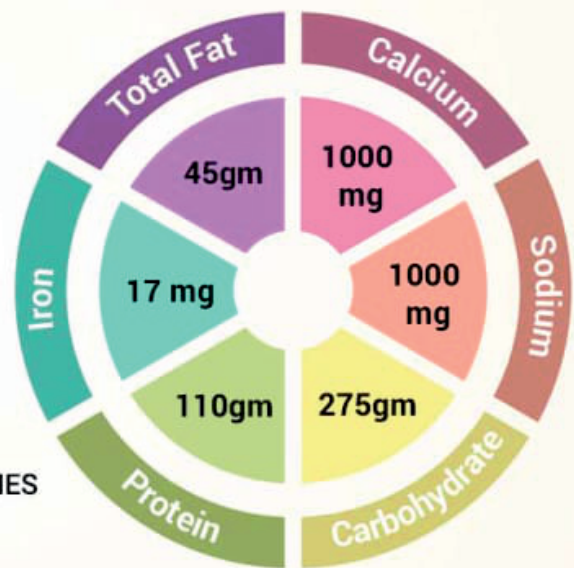




## Weight Loss Diet Chart



TOTAL CALORIES  
(kcal/Day)  
**2500**



Do you have trouble losing weight? Or would you like to lose faster? You've come to the right place. The sad truth is that conventional ideas – eat less, run more – do not work long term. Counting calories, exercising for hours every day, and trying to ignore your hunger? That's needless suffering and it wastes your time and precious willpower. It's weight loss for masochists. Eventually, almost everyone gives up. That's why we have an obesity epidemic. Fortunately, there's a better way. Either way, there are several factors that can affect your efforts to lose weight. These include making changes to your diet plan for weight loss, exercise, and lifestyle.

There are tools and tips that can keep you on track. In addition, you should know what not to do. Talk to a nutritionist/dietician before you begin a new plan. They can help you customize a program and safely monitor your progress. Keep in mind, even small changes can make a big difference in your health. When it comes to weight loss, there are 3 important facts you should know in advance. The first is your weight. The second is your body mass index (BMI).

Your BMI is based on your weight and height. The third fact to know for weight loss is waist circumference. Body fat often collects in your stomach area. This is more of a health risk than body fat that builds up in your thighs or buttocks. For this reason, your waist circumference is a valuable tool.

We create a diet chart for weight loss for males and females, which can be easily followed for weight management. It is a complete diet plan for weight loss of one week and you can repeat it.

## Diet Chart

### 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 (4:00-4:30PM) 1 cup fruit salad  
Dinner (8:00-8:30PM) 1 cup ghia vegetable + 1 chapatti + salad

## Do's And Dont's

### Don'ts Do During Weight Loss Plan

1. Don't Starve Yourself
2. Don't Drink Ton of Alcohol
3. Don't Think Short Term
4. Don't Deprive Yourself of Indulges

## Don'ts Do During Weight Loss Plan

- 1.Regularly Eat Clean, Healthy Foods
- 2.Drink a Ton Water
- 3.Create a Meal Plan for Each Week
- 4.Have Willpower

## Food Items To Limit

**Avocado:** While avocados are higher in calories than other fruits and vegetables, their satisfying fat and fiber combo may help you slim down.

**Eggs:** Eating a high-protein breakfast promotes weight loss, because protein increases satiety while regulating hunger and appetite hormones, helping fend off your hunger until lunchtime.

**Beans:** All beans are high in fiber, which is your friend when you're trying to lose weight because it helps you feel fuller longer, thus controlling hunger.

**Yogurt:** Yogurt is protein-packed and full of probiotics, which are good for gut health and may help your weight-loss efforts. Your gut health can impact your weight, and eating more fiber and probiotics helps keep your gut bacteria happy, which can be good for your metabolism.

**Salmon:** Salmon is a rich source of high-quality protein and provides plenty of "good" fats: omega-3 fatty acids which helps people feel more satisfied when they were watching their calories.

**Fruit:** Higher fruit consumption was associated with lower risk of becoming overweight or obese, independent of vegetable or fiber intake—though including fruit as part of a healthy diet overall is always the best strategy.

**Popcorn:** As long as this popular crunchy treat isn't doused in movie-theater butter, it makes an excellent weight-loss snack. Popcorn is filled with air, so you get a pretty large portion without a lot of calories.

**Almonds:** Almonds are an excellent source of fiber, and they're high in protein. Eating foods with the one-two punch of fiber and protein can help you feel fuller longer—which makes it less tempting to reach for an unhealthy snack between meals.

# Thank You



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