

Free Diet Plan for Weight Loss

Weight loss is a dream of many and it cannot be achieved without a proper diet. Just for Hearts unique weight loss diet plan includes foods high in fibers, proteins, vitamins and minerals whereas fatty and calorie dense foods have no place in this diet plan. Our weight loss diet program not only focuses on diet but also motivates our clients for physical activity for better results.

Sample menu:

Time	Meal	Menu	Quantity
7.00 am	Early morning	Warm water with ½ lemon	1 Glass
7.30 am	Morning meal	Green Tea Almonds	1 Cup 3-4
9.00 am	Breakfast	Oats flakes Milk (No sugar)	1 Bowl 1 Cup
11.00 am	Mid morning	Fruit (Orange)	1
1.30 pm	Lunch	Wheat roti (no oil) Vegetable Salad Low fat curd	1 1 Bowl 1 Bowl 1 Bowl
4.30 pm	Snacks	Steamed sprouts	1 Bowl
8.30 pm	Dinner	Vegetable Daliya Salad Buttermilk	1 Bowl 1 Bowl 1 Glass

Tips:

- Take small, frequent meals. Prefer 5-6 small meals instead of 3 big meals.
- Never skip breakfast. It is the most important meal of the day.
- Avoid binging & eating between the meals.
- Use non-stick pots and pans & use minimal quantity of oil.
- Drink at least 15-16 glasses of water daily. Have a glass of water before every meal.

Foods To Include	Foods To Avoid
Raw whole fruits, vegetables, green vegetables, oats, whole grains, pulses, skimmed milk, egg white, lean chicken, lean fish etc.	Fruit juices with sugar, sweets, fried food, bakery items, processed food, packed foods, butter, margarine, cream, mayonnaise, mutton, meat, fried chicken, chocolate, ice-cream etc