



WF

WEIGHT LOSS DIET 100KG- 90KG

VEGETARIAN

www.willfits.com

Meal 1: Breakfast

1 cup of green tea 1 bowl of vegetable dalia (broken wheat porridge) with added vegetables like carrots, peas, and beans

Meal 2: Mid-morning Snack

1 medium-sized fruit (apple, pear, orange, etc.) 10-12 almonds or walnuts

Meal 3: Lunch

2 rotis (whole wheat flatbread) or 1 cup of brown rice
1 bowl of mixed vegetable curry (made with minimal oil)
1 bowl of salad (cucumber, tomato, and lettuce) with lemon juice dressing
1 small bowl of yogurt

www.willfits.com

willfits

Meal 4: Evening Snack

1 cup of green tea 1 small bowl of sprouts or boiled chickpeas

Meal 5: Dinner

2 rotis (whole wheat flatbread) or 1 cup of quinoa 1 bowl of vegetable curry (low oil) 1 bowl of lentil soup (dal) or 1 small bowl of dal tadka 1 bowl of salad (cucumber, tomato, and carrot) with lemon juice dressing

Meal 6: Bedtime Snack (optional)

1 cup of warm skimmed milk with a pinch of turmeric or cinnamon

General Guidelines:

Drink at least 8-10 glasses of water throughout the day.

Include a variety of vegetables and fruits in your diet.

Opt for whole grains like brown rice, quinoa, and whole wheat bread instead of refined grains.

Limit the intake of processed foods, sugary drinks, and snacks.

Use healthier cooking methods like steaming, grilling, or baking instead of deep-frying.

Be mindful of portion sizes and avoid overeating.

Engage in regular physical activity or exercise for at least 30 minutes a day, such as brisk walking, jogging, or cycling.

Remember, sustainable weight loss is achieved through a combination of a balanced diet, regular exercise, and healthy lifestyle habits.