



**HEALTH TOTAL**

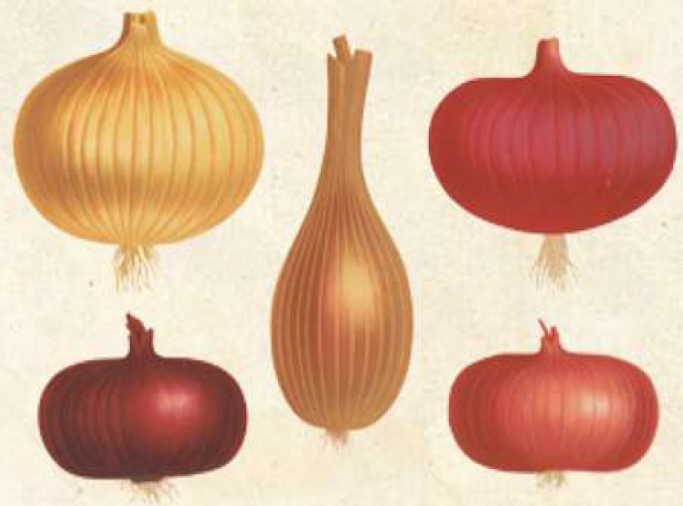
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# WEIGHT LOSS

## Diet Chart

### & Tips







• On Rising •



1-2 glasses lukewarm water + lime juice

• Breakfast •



1 bowl Oats upma OR poached or boiled egg with toast

• Mid-morning •



1 Fruit

• Lunch •



2 Whole wheat/ multigrain rotis + 1 bowl vegetable + 1 bowl salad

• Evening snack •



Green tea + Roasted chana/fruit

• Dinner •

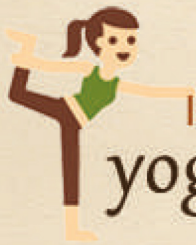


2 besan chilla or grilled chicken or fish + 1 bowl vegetable + 1 bowl salad



# 10 Tips to healthy weight loss!

Load up on fruits & Veggies **1**



Indulge in yoga daily **2**

Refrain from junk food **3**



Avoid heavy meals **4**

Drink 10 glasses of water daily **5**



Never skip breakfast **6**



Avoid sugary sodas. Try fresh juices **7**

Eat healthy proteins (legumes, nuts) **8**



Brisk walk for 30 mins daily **9**

Quit smoking & alcohol **10**







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