



**HEALTH *TOTAL***

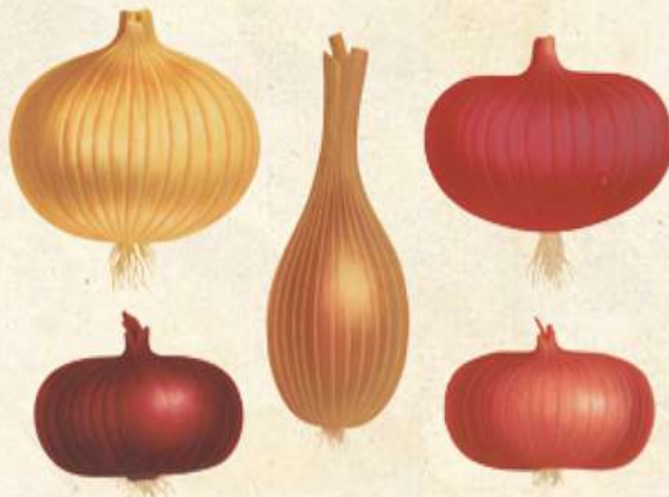
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# WEIGHT LOSS

## 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**



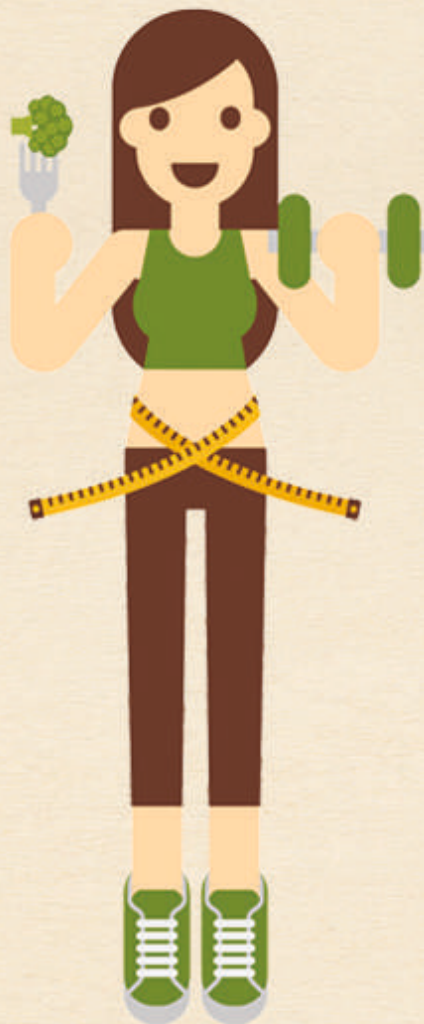
Indulge in yoga daily **2**

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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