



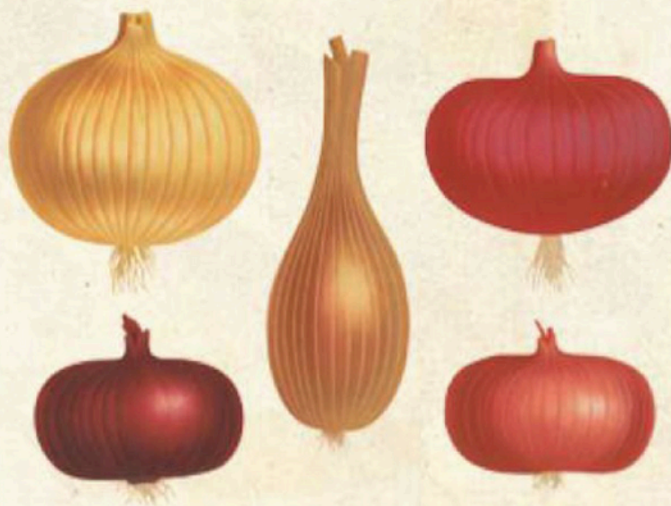
HealthTotal

by Anjali Mukerjee

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**



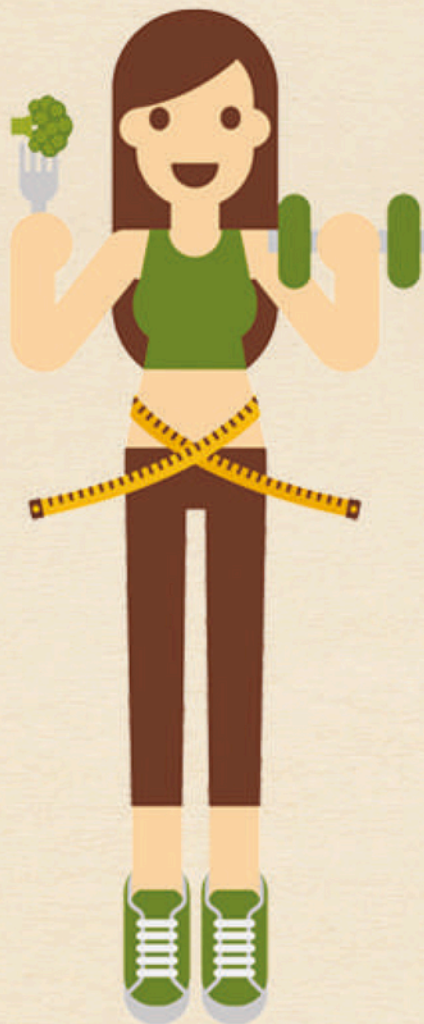
Indulge in yoga daily **2**

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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