ONE WEEK DIET PLAN

Women above the age of 18 require 2000 calories but in weight control 1300 calories are required. This is one week diet plan for diet control.

-When **SLICE** is mentioned it means **ONE SLICE OF BROWN BREAD**
- TEA OR COFFEE MUST ALWAYS BE **SUGARLESS**
- **NO SUGAR** SHOULD BE ADDED TO FOOD
- **NO KETCHUP**, **MAYONAISE**, **SALAD DRESSING** OR **CHEESE** CAN BE ADDED TO FLAVOUR FOOD
- Keep in mind when you are stressed or depressed you lose less weight so **diet with a smile, and enjoy it.** ☺
- Add a little exercise to your daily routine such at **walking.**

	BREAKFAST	LUNCH	DINNER
DAY1	1 boiled egg and 1 orange.	1 cup warm water, 3 tablespoon cooked vegetables, ½ chapatti, ½ bowl salad.	Chicken soup, 1 bowl salad.
DAY2	1 slice and 1 cup skimmed milk.	1 slice, 1 shami kabab,1 baked potato.	½ cup chicken curry, ½ chapatti, 1 fruit.
DAY3	¼ cup Porridge in 1 cup sugar free skimmed milk.	2 pieces of baked fish, 1 slice, salad	½ cup daal, 1 slice, salad.
DAY4	1 Slice with ½ teaspoon margarine, 1 mug tea/coffee.	¼ cup gravy, 1 piece of chicken, ½ chapatti.	¼ cup minced meat (Keema), 1 slice.
DAY5	1 Grapefruit and ¼ cup cornflakes in 1 cup skimmed milk.	Salad, ½ cup daal (Lantil), ½ cup boiled rice.	½ yoghurt, 1 cup fruit salad.
DAY6	2 Crackers and 1 cup skimmed milk.	1 slice brown bread, 1 chicken steak.	1 slice, ½ cup cooked vegetables, ¼ cup yoghurt.

MID TIME (Between breakfast and lunch)
Please choose only one from below:
1 apple **OR,** 1 orange **OR,** 2 crackers **OR,** 1 juice sugar free **OR,** 1 cup tea/coffee

TEA TIME (Between lunch and dinner)
1cup coffee/ tea-sugar free, 1 Rusk **or** 2 crackers

BED TIME (After dinner, before bed)
One cup skimmed milk.

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Weight loss chart

Stick it to your refrigerator

Print it out and stick it on your fridge. Record your weight **every few days**.
Remember **weigh yourself in the morning before breakfast**.

DATE	Weight (in KG)	DATE	Weight (in KG)

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