

## Diet Chart Eggetarian



Note: This is a general diet chart suitable for weight loss and active lifestyle enthusiasts. For a personalized guidance, you can book consultation with our expert team.

## **Morning Wake-Up Options**

- Jeera Water: I glass of lukewarm water with ¼ teaspoon of Cumin (jeera) seeds
- Cinnamon Water: 1 glass of lukewarm water infused with 1 pinch of Cinnamon powder
- Soaked Methi Water: Soak fenugreek seeds in water overnight
- Lemon Water: I glass of lukewarm water with lemon juice
- Tea / Coffee: If morning milk tea or coffee is a must for you, then take 1 cup with skimmed milk without sugar

## **Breakfast Options**

- One whole egg + One egg white
- Garden Omelette (Take 2 egg white add onion, capsicum, carrot and pepper. Make Omelette and garnish with coriander leaves)
- Flakes (Bajra, Jowar, Ragi) with slim milk with nuts, honey and 2 dates.
- Besan Chilla / Moong Daal Chilla: Chilla with spices and veggies.
- Poha: Flattened rice cooked with peas, peanuts, and spices
- Vermicelli: Millets or grams based vermicelli with vegetables, peas and peanuts
- Vegetable Upma: Foxtail or Barnyard millet upma with vegetables of your choice.
- Whole Wheat Bread Sandwich: With cucumber, tomato, and mint chutney limited to 2 slices

- Millet idli or dosa with mint or coriander chutney
- Cooked Oats with skimmed milk and nuts
- Millets Muesli with skimmed milk

## **Mid-Morning Snack Options**

- 🗋 1 small to medium sized fruits Guava / ½ cup cut Papaya / Apple / Orange
- Roasted Chana: A small handful of roasted chickpeas
- Roasted Peanuts: A small handful of roasted peanuts
- Fox Nuts (Makhana): A small handful of roasted fox nuts
- Baked Sweet Potato: Sliced and baked with a sprinkle of chaat masala
- Butter Milk : home made from skimmed milk.
- Boiled black channa, peanuts, white channa or peas.
- Vegetable soups

# **Lunch Options**

- 2 boiled Eggs curry with multigrain roti 2 nos
- Spinach and Paneer (Cottage Cheese) Curry: With multigrain roti 2 nos
- Rajma (Kidney Bean) Curry: With brown or red rice
- Cucumber Raita: With cucumber, yogurt, and spices
- Stuffed Bell Peppers: Bell peppers stuffed with quinoa and vegetables
- Mixed Vegetable Curry: A variety of seasonal vegetables in a flavourful curry
- Bhindi Masala: Okra cooked with spices
- Vegetable Pulao: Fragrant brown rice or red rice or kodo millet dish with mixed vegetables and aromatic spices
- Any seasonal green vegetable with multigrain roti 2 nos or 1 portion brown rice or red rice or kodo millet

#### Suggested meal composition

 2 multi-grain chapati (or) 1 cup of brown/ red rice (or) 1 cup of kodo millet as rice replacement

- 1 cup of vegetables
- 1 cup of dal or 1 cup slim milk curd or 2 boiled eggs curry
- 1 cup salad
- Completely avoid papad, fried items, pickles etc.

### **Afternoon Snack Options**

- Almonds: A small handful of almonds
- Fresh Fruit Salad: A mix of seasonal fruits
- Skimmed milk Cottage Cheese Cubes: With a sprinkle of black salt and pepper
- Carrot or cucumber Sticks with Hummus: Fresh carrot or cucumber sticks with a side of hummus
- Mixed Nuts: A small handful of mixed nuts (almonds, walnuts, fox nuts)

Roasted Chana, Roasted Peanuts, Roasted Green Peas

### **Dinner Options**

- Same options as suggested for lunch (for healthy lifestyle)
- □ For Weight Loss:
  - I bowl of Nutritious Multigrain Soup with sauté veggies of your choice like Leptyn Health Mix
  - A suitable meal replacement powder after consulting a weight loss doctor or dietician

## **Effective Weight Care Tips**

- Drink Water: Sometimes, thirst can be mistaken for hunger. Start by drinking a glass of water when you feel hungry between meals. Sometimes, thirst is confused with hunger.
- Mindful Eating: Pay attention to what you're eating. Avoid distractions like TV or your computer. Focus on the taste, texture, and aroma of your food.
- Chew Slowly: Chew your food thoroughly and savour each bite. This can help you feel more satisfied with smaller portions.

- Portion Control: Use smaller plates and bowls to control portion sizes. Smaller servings can still leave you feeling full.
- Protein and Fiber: Eat your protein-rich foods first, followed by high-fiber foods during your meals and snacks. They keep you feeling full for longer.
- **Scheduled Meals:** Stick to regular meal times. Skipping meals, can lead to excessive hunger.
- Adequate Sleep: 8 hours of good sleep is important to achieve any weight loss goal.
- **Emotional Check:** Before reaching for a snack, ask yourself if you're eating out of boredom, stress, or sadness. Find non-food ways to cope with emotions.
- **Count from 20 to 1:** If you're about to indulge in a snack, count slowly from 20 to 1. This pause can help you reconsider whether you're really hungry.
- Physical Distraction: When cravings hit, take a short walk, stretch, or do a quick workout. Physical activity can reduce the urge to snack.
- Healthy Alternatives: If you still feel urge to eat, choose only from one of the healthy options from snacks options provided above.

### **Health Store**

#### Buy Online: www.leptyn.com



Healthy Staples



**Breakfast Essentials** 



Kits and Combos



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Drinks and Soups



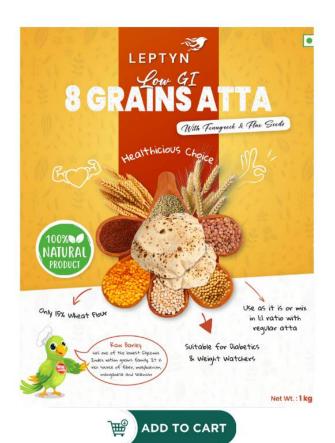
Sweet Delights

Noodles & Pasta



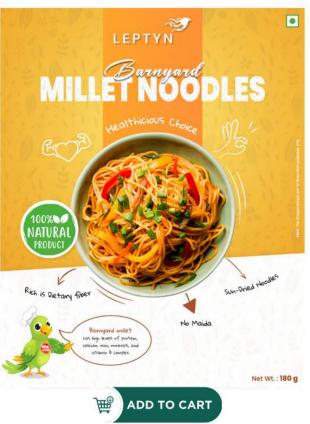
Healthy Snacks

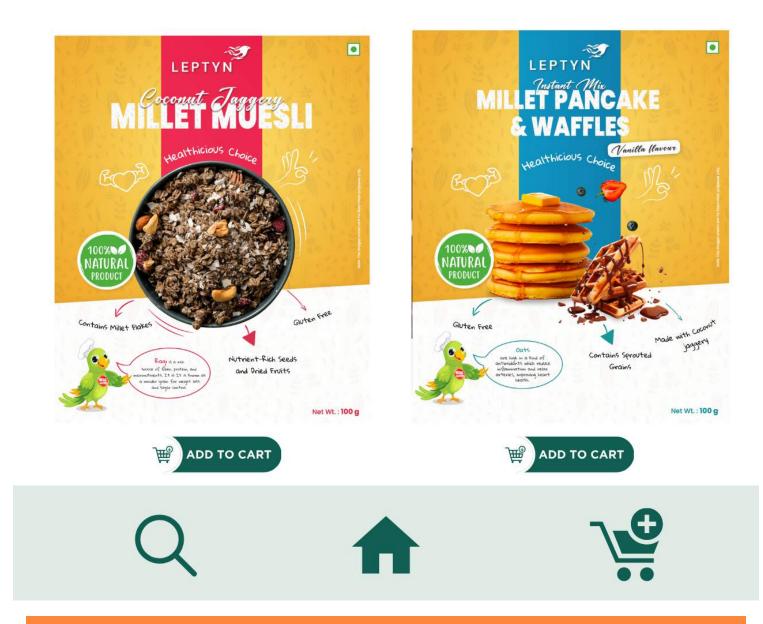












#### Want help to achieve your Weight Loss Goal?

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