

slices

## **Diet Chart**

Non-Vegetarian





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: 1 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: 1 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
Ι	Breakfast Options
0	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.
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<ul> <li>Millet idli or dosa with mint or coriander chutney</li> <li>Cooked Oats with skimmed milk and nuts</li> <li>Millets Muesli with skimmed milk</li> </ul>	
Mid-Morning Snack Options	
<ul> <li>□ 1 small to medium sized fruits - Guava / ½ cup cut Papaya / Apple / Orange</li> <li>□ Roasted Chana: A small handful of roasted chickpeas</li> <li>□ Roasted Peanuts: A small handful of roasted peanuts</li> <li>□ Fox Nuts (Makhana): A small handful of roasted fox nuts</li> <li>□ Baked Sweet Potato: Sliced and baked with a sprinkle of chaat masala</li> <li>□ Butter Milk: home made from skimmed milk.</li> <li>□ Boiled black channa, peanuts, white channa or peas.</li> <li>□ Vegetable soups or Chicken broth soup</li> </ul>	
Lunch Options	
<ul> <li>□ 2 boiled Eggs curry with multigrain roti 2 nos</li> <li>□ Chicken boneless − 100 grams in grilled form</li> <li>□ Fish grilled or steamed − 100 grams</li> <li>□ Spinach and Paneer (Cottage Cheese) Curry: With multigrain roti 2 nos</li> <li>□ Rajma (Kidney Bean) Curry: With brown or red rice</li> <li>□ Cucumber Raita: With cucumber, yogurt, and spices</li> <li>□ Stuffed Bell Peppers: Bell peppers stuffed with quinoa and vegetables</li> <li>□ Mixed Vegetable Curry: A variety of seasonal vegetables in a flavourful curry</li> <li>□ Bhindi Masala: Okra cooked with spices</li> <li>□ Vegetable Pulao: Fragrant brown rice or red rice or kodo millet dish with mixed vegetables and aromatic spices</li> <li>□ Any seasonal green vegetable with multigrain roti 2 nos or 1 portion brown rice or red rice or kodo millet</li> </ul>	

- 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:
<ul> <li>1 bowl of Nutritious Multigrain Soup with sauté veggies of your choice like Leptyn Health Mix</li> </ul>
<ul> <li>A suitable meal replacement powder after consulting a weight loss doctor or dietician</li> </ul>
Effective Weight Care Tips

Drink Water: Sometimes, thirst can be mistaken for hunger. Start by drinking a glass of water

Mindful Eating: Pay attention to what you're eating. Avoid distractions like TV or your computer.

when you feel hungry between meals. Sometimes, thirst is confused with hunger.

Focus on the taste, texture, and aroma of your food.

<b>Chew Slowly:</b> Chew your food thoroughly and savour each bite. This can help you feel more satisfied with smaller portions.
<b>Portion Control:</b> Use smaller plates and bowls to control portion sizes. Smaller servings can still leave you feeling full.
<b>Protein and Fiber:</b> 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.
<b>Emotional Check:</b> 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.
<b>Physical Distraction:</b> When cravings hit, take a short walk, stretch, or do a quick workout. Physical activity can reduce the urge to snack.
<b>Healthy Alternatives:</b> If you still feel urge to eat, choose only from one of the healthy options from snacks options provided above.

#### **Health Store**

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**Breakfast Essentials** 



Sweet Delights



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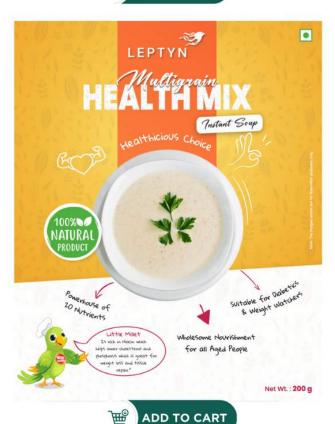


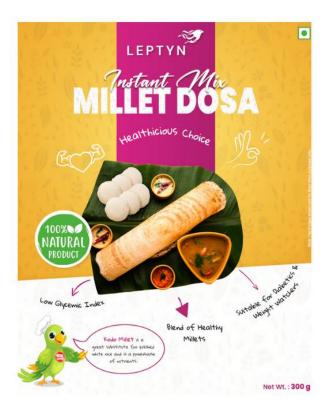
Healthy Snacks

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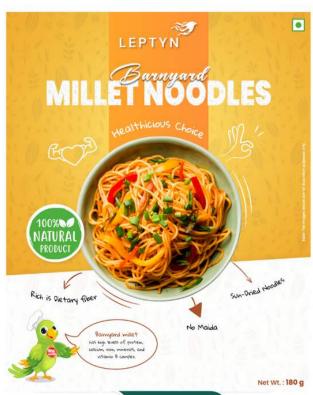




























#### Want help to achieve your Weight Loss Goal?

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