

Diet Chart





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 tea or coffee is a must for you, then take 1 cup of black tea or black
coffee

Breakfast Options

en e
☐ 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 in water with nuts, seeds and one small fruit (50-100 gm)
☐ Millets Muesli with oat milk or almond milk or sov 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
П	Tender Coconut Water
	Cucumber smoothie
	Boiled black channa, peanuts, white channa or peas.
□ \	/egetable soups

Lunch Options

	Spinach and Tofu Curry or Tahini With multigrain roti 2 nos
	Rajma (Kidney Bean) Curry: With brown or red rice
	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
0	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
- 1 cup salad
- Completely avoid papad, fried items, pickles etc.

Afternoon Snack Options

0 0	Almonds: A small handful of almonds Fresh Fruit Salad: A mix of seasonal fruits Tempeh sticks with
	Tofu 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
Ι	Dinner Options
0	Same options as suggested for lunch (for healthy lifestyle)
	For Weight Loss:
	 1 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
Ι	Effective Weight Care Tips
0	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.
0	Scheduled Meals: Stick to regular meal times. Skipping meals, can lead to excessive hunger.
0	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

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Healthy Staples



Breakfast Essentials



Sweet Delights



Kits and Combos



Grains & Flours



Drinks and Soups



Noodles & Pasta

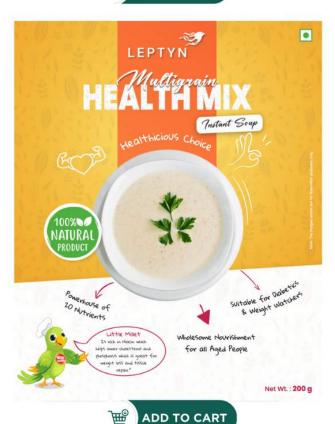


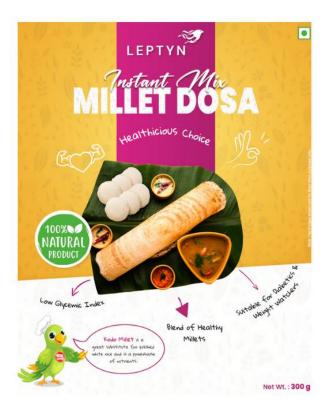
Healthy Snacks

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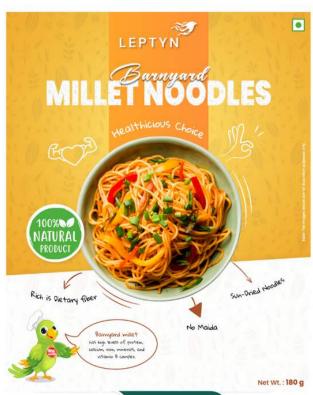




























Want help to achieve your Weight Loss Goal?

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