

Healthy Diet Plan to Overcome Obesity

1200 Calorie Meal Plan

		Calories burned during exercise	Benefits
Exercise Morning or Evening	10,000 steps in a day Running – 20 mins Planks - 10 mins	<ul style="list-style-type: none"> • 10,000 steps - nearly 300 Kcals • Running - 254 Kcals • Planks for females - 70 Kcals and Males - 86 Kcals 	<ul style="list-style-type: none"> • Strengthens muscles and bones • Promotes healthy weight loss
Early morning	1 tbsp boiled fennel seeds in water - 1 glass (or) Lukewarm lime water with 1tsp organic honey - 1 glass	<p style="text-align: center;">Calories</p> Fennel seeds - 20.7 Kcals	<p style="text-align: center;">Benefits</p> <ul style="list-style-type: none"> • Prevents muscle cramps • Boosts metabolism
Breakfast	3 Carrot idlis with coriander chutney along with soaked and peeled almonds (4) (or) 2 Spinach omelets with 1 glass of pomegranate juice	<p style="text-align: center;">Calories</p> Carrot idlis and 4 peeled almonds - 204 Kcals Spinach omelets and pomegranate juice - 263 Kcals	<p style="text-align: center;">Benefits</p> <ul style="list-style-type: none"> • Boosts gut health • Rich in protein and calcium
Mid-Morning	1 Guava or 1 apple or 1 orange	<p style="text-align: center;">Calories</p> Less than 70 Kcals	<p style="text-align: center;">Benefits</p> <ul style="list-style-type: none"> • Aids in healthy weight loss • Improves heart health
Lunch	1 Cup brown rice + 1 cup mixed vegetable curry + 1 cup curd made of low-fat milk (or) 2 Wheat flour roti + 1 cup chicken curry + 1 peeled cucumber	<p style="text-align: center;">Calories</p> <ul style="list-style-type: none"> • Brown rice with mixed vegetables and curd - 400 Kcals • Wheat flour roti with chicken curry – 420 Kcals 	<p style="text-align: center;">Benefits</p> <ul style="list-style-type: none"> • Complex carbohydrates • Aids in weight loss
Evening Snacks	Unsalted popcorn - 1 cup (or) Dhokla – 3 pieces	<p style="text-align: center;">Calories</p> <ul style="list-style-type: none"> • Unsalted popcorn - 31 Kcals • Dhokla (3 pieces) - 102 Kcals 	<p style="text-align: center;">Benefits</p> <ul style="list-style-type: none"> • Lot of fibre and magnesium • Low in calories
Dinner	One large bowl of mixed fruits with 1 cup of plain yoghurt (or) 1 large bowl of steamed broccoli with grilled fish	<p style="text-align: center;">Calories</p> <ul style="list-style-type: none"> • One large bowl of fruit - 220 Kcals • Steamed broccoli with grilled fish - 300 Kcals 	<p style="text-align: center;">Benefits</p> <ul style="list-style-type: none"> • Boosts gut metabolism • Rich in omega-3 fatty acid • Rich in folic acid, and fibre