

5 Day Diet and Exercise Plan For Obesity

1200 - 1500 Calorie Meal Plan

	Monday Walking	Tuesday Lifting Weights	Wednesday Modified Squats	Thursday Jump Rope	Friday Modified Pushups
Workouts	Calories: 3.5 mph - 232 Calories Benefits: Good for heart, Aids weight management	Calories: Moderate efforts burn 0.028 calories per pound per minute Benefits: Detoxifies Liver	Calories: Modified Squats - Body Weight Squats Benefits: Improves flexibility, Boosts core activation	Calories: 10 min - 105 Calories Benefits: Improves cardiovascular health, Increases agility	Calories: 100 Pushups - 44 Calories Benefits: Best exercise for women, Tones upper body and core
Early Morning	5 Almonds (soaked overnight) Calories: 39 Benefits: Rich in antioxidants, Controls cholesterol levels	3 Walnuts (soaked overnight) Calories: 78 Benefits: Good source of probiotics, Helps with weight loss	Handful of almonds (10 gms) Calories: 62 Benefits: Rich in protein, Low-calorie snack	200 ml Boiled saunf water + 2 wet dates Calories: 67 Benefits: Reduces gastric issues, Improves digestion	200 ml Lime water with 1 tbsp sabja seeds Calories: 40 Benefits: Loaded with protein and fibre, Helps in detoxification
Breakfast	4 Idli's with 1 cup sambar Calories: 304 Benefits: Good source of probiotic, Easy to digest	2 Slices of brown bread + 2 stuffed scrambled eggs Calories: 286 Benefits: High in fibre, Lowers insulin levels	1 Cup oats porridge with 2 egg whites Calories: 301 Benefits: Strengthens immunity, Boosts bone health	1 Spinach omelet + 1 Cup pomegranate seeds Calories: 261 Benefits: Rich in calcium and iron, Maintains strong bones	1 Cup mixed vegetable dahlia + 1 cup carrot raita Calories: 210 Benefits: Loaded with vitamins, Low calorie food
Mid- Morning	1 Guava Calories: 37 Benefits: Rich in calcium, Relieves constipation	1 Fruit bowl Calories: 62.4 Benefits: Fibre-rich, Aids in digestion	1 Apple Calories: 72 Benefits: Antioxidants and Fibre-rich fruit	1 Orange Calories: 62 Benefits: Reduces inflammation, Improves immunity	1 Kiwi + 3 Almonds Calories: 63 Benefits: Rich in vitamin C and E
Lunch	1 Cup brown rice + 1 Cup chickpea curry + 1 Cup vegetable raita Calories: 398 Benefits: Low glycemic index, High in fibre	1 Beetroot paratha + 1 Cup rajma curry + 1 Cup low-fat curd Calories: 380 Benefits: Purifies blood, Good probiotic	2 Plain rotis + 1 Cup tomato dal + 1 Cup curd Calories: 349 Benefits: Easy to digest, Rich in antioxidants	2 Jowar roti (medium- sized) + 1 Cup chicken curry + 1 cup cucumber Calories: 400 Benefits: Low glycemic food, Rich in protein	2 Plain rotis + 2 Cups egg curry + 200 ml thin buttermilk Calories: 345 Benefits: Lowers cholesterol levels, Rich in choline
Evening	½ Cup roasted makhana + 1 Cup ginger tea Calories: 90 Benefits: Gluten-free, Energy-providing snack	1 Cup bhel + 1 Cup black tea Calories: 186 Benefits: Low-calorie, Controls sugar levels	4 Almonds + 1 Cup green tea Calories: 38 Benefits: Aids weight management, Good protein source	1 Cup boiled sprouts + 1 Cup cinnamon tea Calories: 88 Benefits: Lowers insulin levels, Good for hypothyroid	1 Piece jeera khakhra + 1 Cup tea Calories: 96 Benefits: Improves digestion, Low calories snack
Dinner	1 Cup fried brown rice + 1 Cup fish curry Calories: 390 Benefits: Rich in omega-3 fatty acids, Good for the heart	2 Plain rotis + 1 Cup plain dal + 1 tbsp of garlic chutney Calories: 320 Benefits: Rich in fibre, Aids weight management	1 Bowl lentil (dal) khichdi + 1 Cup lauki raita Calories: 320 Benefits: Helps in weight loss, Low in fat	1 Bowl chicken soup + 2 Vegetable cutlets + Mint chutney Calories: 350 Benefits: Rich in protein, Rich in dietary fibre	2 Phulka + 1 Cup egg curry+ 250 ml Buttermilk Calories: 322 Benefits: Maintains blood sugar levels, Supports neurological problems
Bedtime	1 Cup green tea Calories: 0.0 Benefits: Promotes good sleep	150 ml Turmeric milk Calories: 93 Benefits: Reduces inflammation	150 ml Lukewarm water with fennel seeds Calories: 24 Benefits: Relieves constipation	150 ml Almond milk Calories: 26 Benefits: Good for bone-building	1 Cup papaya Calories: 38 Benefits: Fights free radicals