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Diet Chart for weight loss

Recommended Daily Calories: ~1500-1600 kcal (calorie deficit for gradual weight loss)

General Principles of Diet

1. Focus on a low glycemic index (GI) diet to maintain blood sugar levels.

2. Include high-fiber foods like whole grains, lentils, and vegetables.

3. Opt for healthy fats from nuts, seeds, and oils. Avoid trans fats.

4. Emphasize lean proteins like legumes, paneer, or curd.

5. Stay hydrated with 2.5-3 liters of water daily.

6. Limit processed foods, sugary items, and refined carbohydrates.

7. Avoid overeating and maintain portion control.

Diet Plan

Morning (6:30–7:00 AM)

Option 1: Warm water with half a lemon and 1 tsp chia seeds.

Option 2: Warm jeera (cumin) water.

Breakfast (8:00–8:30 AM)

Option 1: Besan chilla (2 medium) with mint chutney and a bowl of curd.

Option 2: 1 multigrain paratha (stuffed with methi or gobhi) with curd.

Option 3: Poha with lots of vegetables and a handful of roasted peanuts.

Mid-Morning Snack (11:00–11:30 AM)

Option 1: A bowl of fruits (papaya, apple, or pear) with 4 soaked almonds and 2 walnuts.

Option 2: 1 glass of buttermilk (salted with roasted jeera).

Lunch (1:00–1:30 PM)

Option 1: 1 multigrain roti, sabzi (any seasonal vegetable like tinda, lauki, or bhindi), 1 bowl of dal, and salad.

Option 2: Quinoa khichdi with curd and cucumber salad.

Option 3: Brown rice (1 katori) with rajma or chana and salad.

Evening Snack (4:30–5:00 PM)

Option 1: 1 cup green tea with roasted chana or makhana.

Option 2: A small bowl of vegetable soup.

Dinner (7:30–8:00 PM)

Option 1: 1 roti with a bowl of dal and sautéed vegetables.

Option 2: Paneer bhurji with a salad.

Option 3: Vegetable soup with a small bowl of quinoa or dalia.

Bedtime (9:30–10:00 PM)

Option 1: 1 cup warm turmeric milk with a pinch of cinnamon.

Option 2: 1 tsp soaked flaxseeds or chia seeds in warm water.

Do's

1. Prioritize whole foods over processed items.

2. Include probiotics like curd and buttermilk for gut health.

3. Eat on time and avoid skipping meals.

4. Maintain a balanced macronutrient ratio: 40% carbs, 30% protein, and 30% fats.

5. Opt for homemade meals to control ingredients and quality.

Don'ts

1. Avoid refined carbohydrates like maida and sugar.

2. Limit caffeine and sugary drinks.

3. Avoid deep-fried and oily foods.

4. Do not eat heavy meals late at night.

Exercise Schedule

1. Cardio: Brisk walking, jogging, or cycling for 30 minutes, 5 days a week.

2. Strength Training: Focus on bodyweight exercises like squats, lunges, and push-ups twice a week to improve insulin sensitivity.

3. Yoga: Practice PCOD-specific poses like Bhujangasana, Malasana, and Surya Namaskar 3-4 times a week.

4. Stretching: Spend 5-10 minutes post-workout to improve flexibility and recovery.

Supplements

1. Vitamin D: 1000-2000 IU daily if levels are low.

2. Omega-3 Fatty Acids: 500-1000 mg daily from vegetarian sources like algae oil.

3. Inositol (Myo-inositol and D-chiro-inositol): Helps in hormonal regulation.

4. Magnesium: 250-400 mg daily for stress and inflammation.

5. Multivitamin: Ensure it contains B vitamins and folate.