

WEIGHT REDUCTION MODEL DIET PLAN - DR EDMOND FERNANDES

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After waking up - 1 glass water with some herbs

Morning

Lemon tea/ Ginger Tea/Coffee/ milk 1 cup (150 ml) + 2-4 soaked almonds

Breakfast:

2 boiled eggs or 2 Idlis / 2 dosa / Poha/ upma 1 cup cooked

Lunch:

Salad with fresh green leafy vegetables and 1 cup curd

Dal/ 2 piece chicken & curry / sambar/ rasam 1 cup

Phulkas (multigrain) 2 piece

Cooked vegetables/ greens/ palya 1 cup (150 gms)

Evening – 1 cup tea/coffee and 2 biscuits

Walking: 30 minutes everyday

Dinner:

Salad with fresh vegetables 1 cup

Methi Dal / sambar/rasam 1 cup

Phulkas (multigrain) 1-2 piece. **NO MEAT**

Cooked vegetables/ greens/ palya 1 cup (150 gms)

Bedtime - Milk/buttermilk (optional) 150 ml

Mandatory:

1. Walking 30 minutes daily brisk walking
2. Drink minimum 3 litres of water everyday
3. Avoid smoking/alcohol and strictly avoid red meat(pork/mutton/beef)

Record your weight on 1st Sunday of the month and 4th Sunday of the month.

Maintain this for next 3-5 months.

Clinic: Lobo's Medihub, Near Infant Jesus Church, Bikarnakatte, Mangalore. For Appointments call:
0824-2981044 / 7348882860