



Day 1



BREAKFAST:

MASALA OMELETTE



TIPS

Add 1 tablespoon of oil and use non stick pan. Add lots of vegetables to the omelette.

LUNCH:

MOCHAR GHONTO



TIPS

Serve with 50g White rice/ Brown rice (3 Tablespoon).

SNACKS:

CHANA



TIPS

30g portion of roasted chana.

DINNER:

KOSHA MANGSHO CURRY



TIPS

Wholemeal chappati (30g) (wholemeal/wholegrain flour) Add Vegetables to curry, reduce oil to 2 tablespoon of oil.



Day 2



BREAKFAST:

BREAD UPMA



TIPS

Use wholegrain bread, and only 1 teaspoon of oil when frying.

LUNCH:

SHUKTO CURRY



TIPS

1 portion of chappati (30g), add more vegetables, add 2 tablespoon oil to curry.

SNACKS:

RAS MALAI



TIPS

Small portion (50g), use semi skimmed milk and less sugar.

DINNER:

DAAB CHINGRI



TIPS

Add more vegetables such as Peppers, spring onion. Use 1 tablespoon of oil



Day 3



BREAKFAST:

GHUGNI



TIPS

Add plenty of vegetables- including Onions, tomatoes, and coriander.

LUNCH:

DOI BORA



TIPS

Use natural yoghurt, add less sugar

SNACKS:

NUTS



TIPS

Handful of nuts

DINNER:

ILISH MACHER JHOL



TIPS

Serve with 50g brown rice (3 table spoon) delete have a side salad, add 2 table spoon of oil to curry



Day 4



BREAKFAST:

FRIED EGGS & BREAD



TIPS

Use 1 tablespoon of oil when frying eggs. Swap to 1 slice of wholemeal bread

LUNCH:

VEGETABLES WITH CURRY



TIPS

Serve with a small portion of brown rice (3 tablespoon), side salad.

SNACKS:

MANGO



TIPS

2 mango slices

DINNER:

MANGSHO JHOL



TIPS

Add a 50g Side salad. Use 50g white rice(3 table spoon). Add 2 table spoon of oil to curry.



Day 5



BREAKFAST:

PALAK (SPINACH) POORI



TIPS

Shallow fry.

LUNCH:

CHORCHORI



TIPS

Chapatti (coconut flour) 30g.
Add 1 table spoon of oil.

SNACKS:

KHEER



TIPS

Semi skimmed milk and less sugar.

DINNER:

CHINGRI MALAI CURRY



TIPS

Add a side side salad. Use white rice (3 table spoon). Add 1 table spoon of oil



Day 6



BREAKFAST:

SEMIYA UPMA



TIPS

Shallow fry.

LUNCH:

SORSEBATA ILISH MACH



TIPS

White rice 50g. Add 2 table spoon of oil.

SNACKS:

PLAIN YOGHURT & BERRIES



TIPS

Try low fat yogurt and add some nutmeg or cinnamon for flavour.

DINNER:

DIMER DHOKKAR



TIPS

White rice 50g (3 tablespoons). Add 1 table spoon of oil.



Day 7



BREAKFAST:

JHAL MURI



TIPS

Use 1 tablespoon of oil for frying onions. Add vegetables to the dish.

LUNCH:

BHANTA POTI



TIPS

Use 1 tablespoon of oil for frying onions. Add vegetables to the dish.

SNACKS:

WATERMELON



TIPS

Slices of Watermelon

DINNER:

BHETKI MACHER PATURI



TIPS

Use 1 tablespoon of oil for frying onions. Add vegetables to the dish.