

# Mediterranean Diet Plan

Dear Siddharth

Your Current BMI is 31.18. You are Obese.

Your Approx. Target Weight is 30 to 41 Kg

Your Target Weight Loss is 3-5 Kgs

Your BMI calculation indicates that you are overweight meaning that you are Above the range of weight associated with lowest health risks.

You need to lose weight and for that we recommend that you follow our Weight Loss Diet Plan.

As per your requirements and the menu chosen by you for yourself we have generated the following 14 day diet for you.

Once you start the diet, make sure you follow it for 2 weeks. You can take a break for 2 days and go back to the diet.

## Keep A Few Things In Mind!

1. Remember that we give you a choice of two dishes. You can have any ONE of the two.
2. Do not eat to fill yourself. Take small portions and NEVER eat to fill your stomach. STOP when you still have some space left in your stomach.
3. A recipe has been recommended for every dish. Follow the recipe as far as possible.
4. Keep a note of whatever you eat; even a biscuit. Remember, every bite counts!
5. We have planned 6 meals to keep you feeling full! DO NOT munch in between meals.
6. Drink up to 8 glasses of water everyday along with the diet



## Following is Your Very Own Mediterranean Diet Plan for Two Weeks

	Early Morning	Breakfast	Mid Morning	Lunch	Evening	Dinner
						
Day 1	100% Whole Wheat Toast (4 nos), Avocado spread (1 katori), Banana or Oat Idli (2 nos), Sambhar (1/2 cup), Mint and corriander chutney	Sunflower Seeds(1 katori) or Pumpkin Seeds(1 katori)	Ragi Roti (3 nos), Dal Spinach (1/2 cup), Cluster Beans Vegetable (1/2 cup), Dill leaves Raita (1/2 cup), Blackberries (1 cup) or Lilva Rice (3/4th bowl), Brinjal with raw Mangoes (1/2 cup), Carrot Raita (1/2 cup), Peach	Broccoli Soup (1/2 bowl), Brown Rice and Spinach (1/2 bowl), Legumes with Husk (1/2 cup), Beetroot Raita (1/2 cup), Mango or Red Lentil and Veg Soup(1/2 bowl), Whole Wheat Crackers(2 nos) Wheat Pasta with Vegetables(1/2 bowl), Fruit and Lettuce Salad(1/2 bowl)	Tea (1 cup) (with skimmed milk), Fruit Chaat(1/2 cup) or Carrot Hopper (1 cup), Fruit kebab (2 nos)	Red Lentil and Veg Soup(1/2 bowl), Whole Wheat Crackers(2 nos), Wheat Pasta with Vegetables(1/2 bowl), Fruit and Lettuce Salad(1/2 bowl) or Paushtik Roti (2 nos), Bhindi Subzi (1/2 cup), Washed Moong Dal (1/2 cup), Onion Raita (1/2 cup), Tangerine
Day 2	Corn Oat Upma (1/2 bowl), Red Grapes (1/2 cup) or Vegetable Upma (1/2 bowl), Papaya (1/2 cup)	Toasted Sunflower Seeds(1 kaotori) or Toasted Soy Nuts(1 katori)	Sunshine Soup (1/2 bowl), Whole Wheat Phulkas (2 nos), Rajma Curry (1/2 cup), Gajar methi (1/2 cup), Kiwi fruit or Lilva Rice (3/4th bowl), Brinjal with raw Mangoes (1/2 cup), Carrot Raita (1/2 cup), Peach	Lettuce Soup(1/2 bowl), Whole Wheat Roll(2 nos), Sauteed Green Beans with Tofu(1/2 cup), Exotic Salad (1/2 cup), Pear or Akki Roti (2 nos), Tomato Onion Gojju(1/2 cup), Methi and Moong Dal Curry(1/2 cup), Cucumber and Onion Raita(1/2 cup), Mango	Ginger Lemon Tea (1 cup), Kabuli Channa Chaat (1/2 cup) or Fresh Watermelon juice (1 cup), Shundal (1/2 cup)	Cabbage Soup (1/2 bowl), Soybean Biryani (1/2 bowl), Spiced Cauliflower Gravy (1/2 cup), Yogurt (1/2 cup) (fat free), Cherries(1 cup) or Brown Rice (1/2 bowl), Hulithovve (1/2 cup), Dahi Bhindi (1/2 cup), Tomato Salad (1/2 bowl), Blackberries

Day 3	Nachni Pancakes(2 nos), Dry chutney, Yogurt (1/2 cup ) (fat free) or 100% Whole Wheat Toast (4 nos), Avocado spread (1 katori), Banana	Sunflower Seeds(1 katori) or 6 Brazil Nuts	Ragi Roti (3 nos), Dal Spinach (1/2 cup), Cluster Beans Vegetable (1/2 cup), Dill leaves Raita (1/2 cup), Blackberries (1 cup) or Sunshine Soup (1/2 bowl), Whole Wheat Phulkas (2 nos), Rajma Curry (1/2 cup), Gajar methi (1/2 cup), Kiwi fruit	Brown Rice (1/2 bowl), Hulithovve (1/2 cup), Dahi Bhindi (1/2 cup), Tomato Salad (1/2 bowl), Blackberries (1/2 bowl), 2 Vegetable sandwich, Mexican Steamed Vegetables (1/2 cup), Yogurt (1/2 cup) (fat free), Raspberries (1 cup)	Carrot Hopper (1 cup), Fruit kebab (2 nos) or Tea (1 cup) (with skimmed milk), Fruit Chaat(1/2 cup)	Lettuce Soup(1/2 bowl), Whole Wheat Roll(2 nos), Sauteed Green Beans with Tofu(1/2 cup), Exotic Salad (1/2 cup), Pear or Cold Cucumber Soup (1/2 bowl), 2 Whole Wheat Dinner Roll, Aalu Rajma Salad (1/2 cup), Mixed Fruits (1 cup)
Day 4	Vegetable Upma (1/2 bowl), Papaya (1/2 cup) or Oat Idli (2 nos), Sambhar (1/2 cup), Mint and corriander chutney	Trail Mix(1 katori) or Toasted Sunflower Seeds(1 kaotori)	Sunshine Soup (1/2 bowl), Whole Wheat Phulkas (2 nos), Rajma Curry (1/2 cup), Gajar methi (1/2 cup), Kiwi fruit or Ragi Roti (3 nos), Dal Spinach (1/2 cup), Cluster Beans Vegetable (1/2 cup), Dill leaves Raita (1/2 cup), Blackberries (1 cup)	Broccoli Soup (1/2 bowl), Brown Rice and Spinach (1/2 bowl), Legumes with Husk (1/2 cup), Beetroot Raita (1/2 cup), Mango or Clear Tomato Soup (1/2 bowl), Grilled Tofu Wraps (2 nos), Tomato Salad (1/2 cup), Yogurt (1/2 cup) (fat free), Orange	Ginger Lemon Tea (1 cup), Kabuli Channa Chaat (1/2 cup) or Fresh Watermelon juice (1 cup), Shundal (1/2 cup)	Red Lentil and Veg Soup(1/2 bowl), Whole Wheat Crackers(2 nos), Wheat Pasta with Vegetables(1/2 bowl), Fruit and Lettuce Salad(1/2 bowl) or Akki Roti (2 nos), Tomato Onion Gojju(1/2 cup), Methi and Moong Dal Curry(1/2 cup), Cucumber and Onion Raita(1/2 cup), Mango
Day 5	Puffed Muesli (1/2 cup), Skimmed Milk (1 cup), Green Grapes or Corn Oat Upma (1/2 bowl), Red Grapes (1/2 cup)	Sunflower Seeds(1 katori) or Pumpkin Seeds(1 katori)	Sunshine Soup (1/2 bowl), Whole Wheat Phulkas (2 nos), Rajma Curry (1/2 cup), Gajar methi (1/2 cup), Kiwi fruit or Lilva Rice (3/4th bowl), Brinjal with raw Mangoes (1/2 cup), Carrot Raita (1/2 cup), Peach	Red Lentil and Veg Soup(1/2 bowl), Whole Wheat Crackers(2 nos), Wheat Pasta with Vegetables(1/2 bowl), Fruit and Lettuce Salad(1/2 bowl) or Carrot and Corriander Soup (1/2 bowl), Spicy Sprouts Sandwich (2 nos), Steamed Beans with Almonds (1/2 cup), Mixed Fruits (1 cup)	Tea (1 cup) (with skimmed milk), Fruit Chaat(1/2 cup) or Carrot Hopper (1 cup), Fruit kebab (2 nos)	Cold Cucumber Soup (1/2 bowl), 2 Whole Wheat Dinner Roll, Aalu Rajma Salad (1/2 cup), Mixed Fruits (1 cup) or Cabbage Soup (1/2 bowl), Soybean Biryani (1/2 bowl), Spiced Cauliflower Gravy (1/2 cup), Yogurt (1/2 cup) (fat free), Cherries(1 cup)
Day 6	Duet Uttapa (2 nos), Raw Mango Chutney or Vegetable Upma (1/2 bowl), Papaya (1/2 cup)	Trail Mix(1 katori) or Toasted Sunflower Seeds(1 kaotori)	Lilva Rice (3/4th bowl), Brinjal with raw Mangoes (1/2 cup), Carrot Raita (1/2 cup), Peach or Sunshine Soup (1/2 bowl), Whole Wheat Phulkas (2 nos), Rajma Curry (1/2 cup), Gajar methi (1/2 cup), Kiwi fruit	Green Pea Mint Cold Soup (1/2 bowl), 2 Vegetable sandwich, Mexican Steamed Vegetables (1/2 cup), Yogurt (1/2 cup) (fat free), Raspberries (1 cup) or Cabbage Soup (1/2 bowl), Soybean Biryani (1/2 bowl), Spiced Cauliflower Gravy (1/2 cup), Yogurt (1/2 cup) (fat free), Cherries(1 cup)	Fresh Watermelon juice (1 cup), Shundal (1/2 cup) or Ginger Lemon Tea (1 cup), Kabuli Channa Chaat (1/2 cup)	Brown Rice (1/2 bowl), Hulithovve (1/2 cup), Dahi Bhindi (1/2 cup), Tomato Salad (1/2 bowl), Blackberries or Paushtik Roti (2 nos), Bhindi Subzi (1/2 cup), Washed Moong Dal (1/2 cup), Onion Raita (1/2 cup), Tangerine
Day 7	Puffed Muesli (1/2 cup), Skimmed Milk (1 cup), Green Grapes or Nachni Pancakes(2 nos), Dry chutney, Yogurt (1/2 cup ) (fat free)	Pumkin Seeds(1 katori) or Sunflower Seeds(1 katori)	Sunshine Soup (1/2 bowl), Whole Wheat Phulkas (2 nos), Rajma Curry (1/2 cup), Gajar methi (1/2 cup), Kiwi fruit or Ragi Roti (3 nos), Dal Spinach (1/2 cup), Cluster Beans Vegetable (1/2 cup), Dill leaves Raita (1/2 cup), Blackberries (1 cup)	Lettuce Soup(1/2 bowl), Whole Wheat Roll(2 nos), Sauteed Green Beans with Tofu(1/2 cup), Exotic Salad (1/2 cup), Pear or Paushtik Roti (2 nos), Bhindi Subzi (1/2 cup), Washed Moong Dal (1/2 cup), Onion Raita (1/2 cup), Tangerine	Carrot Hopper (1 cup), Fruit kebab (2 nos) or Tea (1 cup) (with skimmed milk), Fruit Chaat(1/2 cup)	Cold Cucumber Soup (1/2 bowl), 2 Whole Wheat Dinner Roll, Aalu Rajma Salad (1/2 cup), Mixed Fruits (1 cup) or Red Lentil and Veg Soup(1/2 bowl), Whole Wheat Crackers(2 nos), Wheat Pasta with Vegetables(1/2 bowl), Fruit and Lettuce Salad(1/2 bowl)


Day 8	Duet Uttapa (2 nos), Raw Mango Chutney or 100% Whole Wheat Toast (4 nos), Avocado spread (1 katori), Banana	6 Brazil Nuts or Trail Mix(1 katori)	Sunshine Soup (1/2 bowl), Whole Wheat Phulkas (2 nos), Rajma Curry (1/2 cup), Gajar methi (1/2 cup), Kiwi fruit or Ragi Roti (3 nos), Dal Spinach (1/2 cup), Cluster Beans Vegetable (1/2 cup), Dill leaves Raita (1/2 cup), Blackberries (1 cup)	Cold Cucumber Soup (1/2 bowl), 2 Whole Wheat Dinne Roll, Aalu Rajma Salad (1/2 cup), Mixed Fruits (1 cup) or Clear Tomato Soup (1/2 bowl), Grilled Tofu Wraps (2 nos), Tomato Salad (1/2 cup), Yogurt (1/2 cup) (fat free), Orange	Fresh Watermelon juice (1 cup), Shundal (1/2 cup) or Ginger Lemon Tea (1 cup), Kabuli Channa Chaat (1/2 cup)	Carrot and Corriander Soup (1/2 bowl), Spicy Sprouts Sandwich (2 nos), Steamed Beans with Almonds (1/2 cup), Mixed Fruits (1 cup) or Broccoli Soup (1/2 bowl), Brown Rice and Spinach (1/2 bowl), Legumes with Husk (1/2 cup), Beetroot Raita (1/2 cup), Mango
Day 9	Oat Idli (2 nos), Sambhar (1/2 cup), Mint and corriander chutney or Corn Oat Upma (1/2 bowl), Red Grapes (1/2 cup)	Toasted Sunflower Seeds(1 kaotori) or Pumkin Seeds(1 katori)	Ragi Roti (3 nos), Dal Spinach (1/2 cup), Cluster Beans Vegetable (1/2 cup), Dill leaves Raita (1/2 cup), Blackberries (1 cup) or Sunshine Soup (1/2 bowl), Whole Wheat Phulkas (2 nos), Rajma Curry (1/2 cup), Gajar methi (1/2 cup), Kiwi fruit	Red Lentil and Veg Soup(1/2 bowl), Whole Wheat Crackers(2 nos), Wheat Pasta with Vegetables(1/2 bowl), Fruit and Lettuce Salad(1/2 bowl) or Carrot and Corriander Soup (1/2 bowl), Spicy Sprouts Sandwich (2 nos), Steamed Beans with Almonds (1/2 cup), Mixed Fruits (1 cup)	Tea (1 cup) (with skimmed milk), Fruit Chaat(1/2 cup) or Carrot Hopper (1 cup), Fruit kebab (2 nos)	Cold Cucumber Soup (1/2 bowl), 2 Whole Wheat Dinner Roll, Aalu Rajma Salad (1/2 cup), Mixed Fruits (1 cup) or Clear Tomato Soup (1/2 bowl), Grilled Tofu Wraps (2 nos), Tomato Salad (1/2 cup), Yogurt (1/2 cup) (fat free), Orange
Day 10	Vegetable Upma (1/2 bowl), Papaya (1/2 cup) or Nachni Pancakes(2 nos), Dry chutney, Yogurt (1/2 cup) (fat free)	6 Brazil Nuts or Trail Mix(1 katori)	Sunshine Soup (1/2 bowl), Whole Wheat Phulkas (2 nos), Rajma Curry (1/2 cup), Gajar methi (1/2 cup), Kiwi fruit or Ragi Roti (3 nos), Dal Spinach (1/2 cup), Cluster Beans Vegetable (1/2 cup), Dill leaves Raita (1/2 cup), Blackberries (1 cup)	Akki Roti (2 nos), Tomato Onion Gojju(1/2 cup), Methi and Moong Dal Curry(1/2 cup), Cucumber and Onion Raita(1/2 cup), Mango or Green Pea Mint Cold Soup (1/2 bowl), 2 Vegetable sandwich, Mexican Steamed Vegetables (1/2 cup), Yogurt (1/2 cup) (fat free), Raspberries (1 cup)	Fresh Watermelon juice (1 cup), Shundal (1/2 cup) or Ginger Lemon Tea (1 cup), Kabuli Channa Chaat (1/2 cup)	Brown Rice (1/2 bowl), Hulithovve (1/2 cup), Dahi Bhindi (1/2 cup), Tomato Salad (1/2 bowl), Blackberries or Lettuce Soup(1/2 bowl), Whole Wheat Roll(2 nos), Sauteed Green Beans with Tofu(1/2 cup), Exotic Salad (1/2 cup), Pear
Day 11	Corn Oat Upma (1/2 bowl), Red Grapes (1/2 cup) or 100% Whole Wheat Toast (4 nos), Avocado spread (1 katori), Banana	Sunflower Seeds(1 katori) or Pumkin Seeds(1 katori)	Ragi Roti (3 nos), Dal Spinach (1/2 cup), Cluster Beans Vegetable (1/2 cup), Dill leaves Raita (1/2 cup), Blackberries (1 cup) or Lilva Rice (3/4th bowl), Brinjal with raw Mangoes (1/2 cup), Carrot Raita (1/2 cup), Peach	Cabbage Soup (1/2 bowl), Soybean Biryani (1/2 bowl), Spiced Cauliflower Gravy (1/2 cup), Yogurt (1/2 cup) (fat free), Cherries(1 cup) or Paushtik Roti (2 nos), Bhindi Subzi (1/2 cup), Washed Moong Dal (1/2 cup), Onion Raita (1/2 cup), Tangerine	Carrot Hopper (1 cup), Fruit kebab (2 nos) or Tea (1 cup) (with skimmed milk), Fruit Chaat(1/2 cup)	Broccoli Soup (1/2 bowl), Brown Rice and Spinach (1/2 bowl), Legumes with Husk (1/2 cup), Beetroot Raita (1/2 cup), Mango or Clear Tomato Soup (1/2 bowl), Grilled Tofu Wraps (2 nos), Tomato Salad (1/2 cup), Yogurt (1/2 cup) (fat free), Orange
Day 12	Duet Uttapa (2 nos), Raw Mango Chutney or Puffed Muesli (1/2 cup), Skimmed Milk (1 cup), Green Grapes	6 Brazil Nuts or Trail Mix(1 katori)	Sunshine Soup (1/2 bowl), Whole Wheat Phulkas (2 nos), Rajma Curry (1/2 cup), Gajar methi (1/2 cup), Kiwi fruit or Lilva Rice (3/4th bowl), Brinjal with raw Mangoes (1/2 cup), Carrot Raita (1/2 cup), Peach	Lettuce Soup(1/2 bowl), Whole Wheat Roll(2 nos), Sauteed Green Beans with Tofu(1/2 cup), Exotic Salad (1/2 cup), Pear or Clear Tomato Soup (1/2 bowl), Grilled Tofu Wraps (2 nos), Tomato Salad (1/2 cup), Yogurt (1/2 cup) (fat free), Orange	Ginger Lemon Tea (1 cup), Kabuli Channa Chaat (1/2 cup) or Fresh Watermelon juice (1 cup), Shundal (1/2 cup)	Cabbage Soup (1/2 bowl), Soybean Biryani (1/2 bowl), Spiced Cauliflower Gravy (1/2 cup), Yogurt (1/2 cup) (fat free), Cherries(1 cup) or Brown Rice (1/2 bowl), Hulithovve (1/2 cup), Dahi Bhindi (1/2 cup), Tomato Salad (1/2 bowl), Blackberries

Day 13	Corn Oat Upma (1/2 bowl), Red Grapes (1/2 cup) or Oat Idli (2 nos), Sambhar (1/2 cup), Mint and corriander chutney	Sunflower Seeds(1 katori) or Toasted Sunflower Seeds(1 kaotori)	Ragi Roti (3 nos), Dal Spinach (1/2 cup), Cluster Beans Vegetable (1/2 cup), Dill leaves Raita (1/2 cup), Blackberries (1 cup) or Sunshine Soup (1/2 bowl), Whole Wheat Phulkas (2 nos), Rajma Curry (1/2 cup), Gajar methi (1/2 cup), Kiwi fruit	Cabbage Soup (1/2 bowl), Soybean Biryani (1/2 bowl), Spiced Cauliflower Gravy (1 cup), Yogurt (1/2 cup) (fat free), Cherries(1 cup) or Akl Roti (2 nos), Tomato Onion Gojju(1/2 cup), Methi and Moong Dal Curry(1/2 cup), Cucumber and Onion Raita(1/2 cup), Mango	Tea (1 cup) (with skimmed milk), Fruit Chaat(1/2 cup) or Carrot Hopper (1 cup), Fruit kebab (2 nos)	Carrot and Corriander Soup (1/2 bowl), Spicy Sprouts Sandwich (2 nos), Steamed Beans with Almonds (1/2 cup), Mixed Fruits (1 cup) or Green Pea Mint Cold Soup (1/2 bowl), 2 Vegetable sandwich, Mexican Steamed Vegetables (1/2 cup), Yogurt (1/2 cup) (fat free), Raspberries (1 cup)
Day 14	Vegetable Upma (1/2 bowl), Papaya (1/2 cup) or Nachni Pancakes(2 nos), Dry chutney, Yogurt (1/2 cup) (fat free)	Toasted Soy Nuts(1 katori) or 6 Brazil Nuts	Lilva Rice (3/4th bowl), Brinjal with raw Mangoes (1/2 cup), Carrot Raita (1/2 cup), Peach or Ragi Roti (3 nos), Dal Spinach (1/2 cup), Cluster Beans Vegetable (1/2 cup), Dill leaves Raita (1/2 cup), Blackberries (1 cup)	Paushtik Roti (2 nos), Bhind Subzi (1/2 cup), Washed Moong Dal (1/2 cup), Onion Raita (1/2 cup), Tangerine or Cold Cucumber Soup (1/2 bowl), 2 Whole Wheat Dinne Roll, Aalu Rajma Salad (1/2 cup), Mixed Fruits (1 cup)	Fresh Watermelon juice (1 cup), Shundal (1/2 cup) or Ginger Lemon Tea (1 cup), Kabuli Channa Chaat (1/2 cup)	Red Lentil and Veg Soup(1/2 bowl), Whole Wheat Crackers(2 nos), Wheat Pasta with Vegetables(1/2 bowl), Fruit and Lettuce Salad(1/2 bowl) or Brown Rice (1/2 bowl), Hulithovve (1/2 cup), Dahi Bhindi (1/2 cup), Tomato Salad (1/2 bowl), Blackberries

A Healthy Diet will help you achieve only half your goal! The other half will come from a Good Exercise Regime. Take a Fitness Profile Test and get your very own fitness plan!

If you have a question for our experts, go to [Ask an Expert](#).

Contact our nutrition expert at [nutrition@desidieter.com](mailto:nutrition@desidieter.com) and fitness expert at [fitness@desidieter.com](mailto:fitness@desidieter.com)

For Tips on how to stay motivated during your diets, talk to our experts on [Facebook](#)  and [Twitter](#) 