

Blood Group Diet Plan

Dear Sagar

Your Blood Group is: AB-

Your Current BMI is 22.75. You are Normal Weight.

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 Blood Group Diet Plan for Two Weeks

	Early Morning	Breakfast	Mid Morning	Lunch	Evening	Dinner
						
Day 1	Ginger Tea or Black Tea	Oat Meal Porridge (1 bowl) or Soya Upma(1plate)	peanuts (1 handfull) or Sweetlime	Avocado and Cilantro Soup(1bowl) or Hilsa Kichidi(1bowl)	Pineapples or Walnuts	Cream of Mixed Vegetable Soup (1 bowl) or Vegetarian Broccoli Soup (1 bowl)
Day 2	Tea with Toned Milk + Sugar or Coffee with Toned Milk + Sugar	Paneer Shashlik (1 plate) or Spicy Sprouts Sandwich (2 nos)	peanuts (1 handfull) or Corn and Bean Salad	Sunshine Soup (1 bowl) or Brown Rice and Veg Soute (1bowl)	Cranberries or Grapes	Avocado and Cilantro Soup(1bowl) or Hilsa Kichidi(1bowl)
Day 3	Lemon Water (1glass) or Black Tea	Ragi Poridge (1bowl) or Oat Meal Porridge (1 bowl)	Greek Salad (1 plate) or Baked Tortila Chips (10-12 pcs)	Methi Paneer Paratha (2 nos) + Mint Raita or Spinach Soup (1 bowl)	Kiwi or Pineapples	Muli Ka Parath (2 nos) + Dal Makhani (1cup) or Fada Ni Khichad (1 bowl) + Curd
Day 4	Tea with Toned Milk + Sugar or Coffee with Toned Milk + Sugar	idli (4 nos) + Sambhar (1 katori) or Paneer Shashlik (1 plate)	Baked Tortila Chips (10-12 pcs) or Pasta Salad (1 plate)	Cream of Mixed Vegetable Soup (1 bowl) or Cabbage Soup (1 bowl)	Grapes or Cranberries	Mag ni dDal ni Khichadi (1bowl) + Raita (1 katori) or Addaku Pathirri(egg layred rice)(1bowl)

Day 5	Coffee with skim milk + no sugar or Lemon Water (1glass)	nachani pancake(2nos) + Chutney or Soya Upma(1plate)	Baked Tortila Chips (10-12 pcs) or Pasta Salad (1 plate)	Addaku Pathirri(egg layred rice)(1bowl) or Vegetarian Broccoli Soup (1 bowl)	Walnuts or Pineapples	Spinach Soup (1 bowl) or Hydrabadi Biryani (1 bowl)
Day 6	Coffee with Toned Milk + Sugar or Black Tea	Spicy Sprouts Sandwich (2 nos) or Oats Daliya (1 bowl)	Roasted Chana (1 handfull) or Corn and Bean Salad	Brown Rice and Veg Soute (1bowl) or Methi Paneer Paratha (2 nos) + Mint Raita	Grapes or Cranberries	Avocado and Cilantro Soup(1bowl) or Muli Ka Parath (2 nos) + Dal Makhani (1cup)
Day 7	Ginger Tea or Coffee with skim milk + no sugar	Toovar Methi na Dhokla (4-5 pcs) or Vegetable Pancake Layer(2 nos)	Corn and Bean Salad or Roasted Chana (1 handfull)	Scotch Egg (1/2 cup) + Boiled Rice (102 bowl) or Spinach Soup (1 bowl)	Kiwi or Pineapples	Brown Rice and Veg Soute (1bowl) or Cream of Mixed Vegetable Soup (1 bowl)
Day 8	Lemon Water (1glass) or Coffee with Toned Milk + Sugar	idli (4 nos) + Sambhar (1 katori) or nachani pancake(2nos) + Chutney	Pasta Salad (1 plate) or Baked Tortila Chips (10-12 pcs)	Cream of Mixed Vegetable Soup (1 bowl) or Sunshine Soup (1 bowl)	Walnuts or Grapes	Spinach Soup (1 bowl) or Fada Ni Khichad (1 bowl) + Curd
Day 9	Coffee with skim milk + no sugar or Black Tea	Ragi Poridge (1bowl) or Toovar Methi na Dhokla (4-5 pcs)	Baked Tortila Chips (10-12 pcs) or Boiled Rajma (1 katori)	Cabbage Soup (1 bowl) or Spinach Soup (1 bowl)	Kiwi or Cranberries	Methi Paneer Paratha (2 nos) + Mint Raita or Addaku Pathirri(egg layred rice)(1bowl)
Day 10	Ginger Tea or Coffee with Toned Milk + Sugar	nachani pancake(2nos) + Chutney or Oat Meal Porridge (1 bowl)	Baked Tortila Chips (10-12 pcs) or Pasta Salad (1 plate)	Methi Paneer Paratha (2 nos) + Mint Raita or Vegetarian Broccoli Soup (1 bowl)	Grapes or Walnuts	Mag ni dDal ni Khichadi (1bowl) + Raita (1 katori) or Cabbage Soup (1 bowl)
Day 11	Lemon Water (1glass) or Tea with Toned Milk + Sugar	Spicy Sprouts Sandwich (2 nos) or Toovar Methi na Dhokla (4-5 pcs)	Boiled Rajma (1 katori) or peanuts (1 handfull)	Cream of Mixed Vegetable Soup (1 bowl) or Hydrabadi Biryani (1 bowl)	Cranberries or Pineapples	Gatte Ka Pulao (1/2 bowl) + Chana Kofta Kadhi (1 katori) or Spinach Soup (1 bowl)
Day 12	Coffee with skim milk + no sugar or Black Tea	Paneer Shashlik (1 plate) or nachani pancake(2nos) + Chutney	Boiled Rajma (1 katori) or peanuts (1 handfull)	Gatte Ka Pulao (1/2 bowl) + Chana Kofta Kadhi (1 katori) or Methi Paneer Paratha (2 nos) + Mint Raita	Walnuts or Kiwi	Scotch Egg (1/2 cup) + Boiled Rice (102 bowl) or Fada Ni Khichad (1 bowl) + Curd
Day 13	Ginger Tea or Coffee with Toned Milk + Sugar	Toovar Methi na Dhokla (4-5 pcs) or idli (4 nos) + Sambhar (1 katori)	Boiled Rajma (1 katori) or Sweetlime	Mag ni dDal ni Khichadi (1bowl) + Raita (1 katori) or Hilsa Kichidi(1bowl)	Cranberries or Pineapples	Avocado and Cilantro Soup(1bowl) or Brown Rice and Veg Soute (1bowl)
Day 14	Coffee with skim milk + no sugar or Lemon Water (1glass)	Oat Meal Porridge (1 bowl) or Oats Daliya (1 bowl)	Pasta Salad (1 plate) or peanuts (1 handfull)	Spinach Soup (1 bowl) or Fada Ni Khichad (1 bowl) + Curd	Grapes or Walnuts	Sunshine Soup (1 bowl) or Mag ni dDal ni Khichadi (1bowl) + Raita (1 katori)

Diet will help you achieve only half your goal! The other half will come from a Exercise. For a healthy diet, 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](#). For tips on how to stay motivated during your diets, go to self discipline, weight management issues.

Contact our nutrition expert at nutrition@desidieter.com and fitness expert at fitness@desidieter.com

