

KNOW YOUR BASAL METABOLIC RATE (BMR) AND

PLAN THE DIET

When it comes to weight management which can be weight loss, weight gain or weight maintenance, there is a ground rule. If you burn more calories than you take in; you'll lose weight; if you burn fewer calories than you take in, you will gain weight; and if you burn the same amount of calories as you take in, then you maintain weight. If weight loss is your goal, a safe rate of weight loss can be achieved by creating a daily 500 Kcal deficit. This can be done by reducing your food intake, increasing your activity level or – ideally – a combination of both. One way to estimate your calorie intake for weight loss is to relate it to your basal metabolic rate (BMR). BMR is the rate at which the body uses energy while at rest to maintain vital functions such as breathing and keeping warm, vital cellular activity, respiration, and circulation. For example, if your resting metabolism is 1800 Kcal, go for a balanced diet which provides 1500 Kcal and try to burn at least 200 Kcal with physical activity. That way you will create a perfect 500 Kcal deficit leading a healthy active lifestyle.

1200 Kcal Diet



BREAKFAST
250 KCAL
APPROX

**MID-
MORNING
SNACK**
200 KCAL
APPROX

LUNCH
350 KCAL
APPROX

**EVENING
SNACK**
150 KCAL
APPROX

DINNER
250 KCAL
APPROX

Time	Veg Meals 	Non Veg Meals 
Breakfast	F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)	F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)
Mid-morning Snack	Curd (150 g) + banana (100 g)	1 whole egg + 1egg white + banana (100 g)*
Lunch	Chapatti (2) + cooked vegetable (1 bowl) + red gram cooked (30 g)	Chapatti (2) + red gram cooked (30 g) + chicken breast (1/60 g) or fish (100 g)
Evening Snack	Papaya (120 g) + cooked Bengal gram (3/4 bowl)	Papaya (120 g) + cooked Bengal gram (3/4 bowl)
Dinner	F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)	F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)

1400 Kcal Diet



BREAKFAST
250 KCAL
APPROX

**MID-MORNING
SNACK**
300 KCAL
APPROX

LUNCH
400 KCAL
APPROX

DINNER
250 KCAL
APPROX

**EVENING
SNACK**
200 KCAL
APPROX

Time	Veg Meals 	Non Veg Meals 
Breakfast	F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)	F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)
Mid-morning Snack	Banana (100 g) + low fat curd (150 g) + apple (1/75 g) + cooked green peas (50 g)	Banana (100 g) + 1 whole egg + 1 egg white + apple (1/75 g) + cooked green peas (50 g)
Lunch	Chapatti (3) + cooked vegetable (1 bowl) + red gram cooked (30 g)	Chapatti (3) + red gram cooked (30 g) + chicken breast (1/60 g) or fish (100 g)
Evening Snack	Soya (20 g) + nuts (15 g)	Soya (20 g) + nuts (15 g)
Dinner	F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)	F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)

1600 Kcal Diet



BREAKFAST
350 KCAL
APPROX

**MID-MORNING
SNACK**
300 KCAL
APPROX

LUNCH
400 KCAL
APPROX

**EVENING
SNACK**
200 KCAL
APPROX

DINNER
350 KCAL
APPROX

Time	Veg Meals 	Non Veg Meals 
Breakfast	Vermicelli (1/2 bowl cooked)/ 2 bread slices/ poha (1/2 bowl cooked)/ upma ½ bowl cooked) + F1 shake (25 g) +300 ml Skimmed milk + PPP (1 or 2 scoops)	Vermicelli (1/2 bowl cooked)/ 2 bread slices/ poha (1/2 bowl cooked)/ upma ½ bowl cooked) + F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)
Mid-morning Snack	Banana (100 g) + low fat curd (150 g) + apple (1/75 g) + cooked green peas (50 g)	Banana (100 g) + 1 whole egg + 1 egg white + apple (1/75 g) + cooked green peas (50 g)
Lunch	Chapatti (3) + [cooked vegetable (1 bowl) + red gram cooked (30 g)	Chapatti (3) + red gram cooked (30 g) + chicken breast (1/60g)or fish (100g)
Evening Snack	Soya (20 g) + nuts (15 g)	Soya (20 g) + nuts (15 g)
Dinner	Dalia (1/2 bowl cooked)/F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)	Dalia (1/2 bowl cooked)/F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)

1800 Kcal Diet



BREAKFAST
450 KCAL
APPROX

**MID-MORNING
SNACK**
300 KCAL
APPROX

LUNCH
500 KCAL
APPROX

**EVENING
SNACK**
200 KCAL
APPROX

DINNER
350 KCAL
APPROX

Time	Veg Meals 	Non Veg Meals 
Breakfast	Walnuts (7.5 g) + soaked almonds(7.5 g) + Vermicelli (1/2 bowl cooked)/ 2 bread slices/ poha (1/2 bowl cooked)/ upma ½ bowl cooked) + F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)	Walnuts (7.5 g) + soaked almonds(7.5 g) + Vermicelli (1/2 bowl cooked)/ 2 bread slices/ poha (1/2 bowl cooked)/ upma ½ bowl cooked) + F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)
Mid-morning Snack	Banana (100 g) + low fat curd (150 g) + apple (1/75 g) + cooked green peas (50 g)	Banana (100 g) + 1 whole egg + 1 egg white + apple (1/75 g) + cooked green peas (50 g)
Lunch	Chapatti (3) + cooked vegetable (1 bowl) + red gram cooked (30 g) + soya (20 g)	Chapatti (3) + red gram cooked (30 g) + chicken breast (1/60 g) or fish (100 g) + Soya (20 g)
Evening Snack	Soya (20 g) + nuts (15 g)	Soya (20 g) + nuts (15 g)
Dinner	Dalia (1/2 bowl cooked)/F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)	Dalia (1/2 bowl cooked)/F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)

2000 Kcal Diet



BREAKFAST
450 KCAL
APPROX

**MID-MORNING
SNACK**
400 KCAL
APPROX

**EVENING
SNACK**
300 KCAL
APPROX

LUNCH
500 KCAL
APPROX

DINNER
350 KCAL
APPROX

Time	Veg Meals 	Non Veg Meals 
Breakfast	Walnuts (7.5 g) + soaked almonds(7.5 g) + Vermicelli (1/2 bowl cooked)/ 2 bread slices/ poha (1/2 bowl cooked)/ upma ½ bowl cooked) + F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)	Walnuts (7.5 g) + soaked almonds(7.5 g) + Vermicelli (1/2 bowl cooked)/ 2 bread slices/ poha (1/2 bowl cooked)/ upma ½ bowl cooked) + F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)
Mid-morning Snack	Banana (100 g) + low fat curd (150 g) Rice flakes (1 bowl) + apple (1/75 g) + cooked green peas (50 g)	Banana (100 g) + 1 whole egg + 1 egg white + apple (1/75 g) + cooked green peas (50 g) + Rice flakes (1 bowl)
Lunch	Chapatti (3) + cooked vegetable (1 bowl) + red gram cooked (30 g) + soya (20 g)	Chapatti (3) + red gram cooked (30 g) + chicken breast (1/60 g) or fish (100 g) + Soya (20 g)
Evening Snack	Soya (20 g) + nuts (15 g) + carrot (100 g)+ green peas (45 g)	Soya (20 g) + nuts (15 g) + carrot (100 g) + green peas (45 g)
Dinner	Dalia (1/2 bowl cooked)/F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)	Dalia (1/2 bowl cooked)/F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)

2200 Kcal Diet



BREAKFAST
450 KCAL
APPROX

**MID-MORNING
SNACK**
400 KCAL
APPROX

**EVENING
SNACK**
400 KCAL
APPROX

LUNCH
500 KCAL
APPROX

DINNER
450 KCAL
APPROX

Time	Veg Meals 	Non Veg Meals 
Breakfast	Walnuts (7.5 g) + soaked almonds(7.5 g) + Vermicelli (1/2 bowl cooked)/ 2 bread slices/ poha (1/2 bowl cooked)/ upma ½ bowl cooked) + F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)	Walnuts (7.5 g) + soaked almonds(7.5 g) + Vermicelli (1/2 bowl cooked)/ 2 bread slices/ poha (1/2 bowl cooked)/ upma ½ bowl cooked) + F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)
Mid-morning Snack	Banana (100 g) + low fat curd (150 g) Rice flakes (1 bowl) + apple (1/75 g) + cooked green peas (50 g)	Banana (100 g) + 1 whole egg + 1 egg white + apple (1/75 g) + cooked green peas (50 g)+ Rice flakes (1 bowl)
Lunch	Chapatti (3) + cooked vegetable (1 bowl) + red gram cooked (30 g)	Chapatti (3) + red gram cooked (30 g) + chicken breast (1/60 g) or fish (100 g)
Evening Snack	Soya (20 g) + nuts (15 g) + carrot (100 g)+ green peas (45 g)+ rajma boiled (60 gm)	Soya (20 g) + nuts (15g) + carrot (100 g)+ green peas (45 g)+ rajma boiled (60 gm)
Dinner	Dalia (1/2 bowl cooked) + chapatti (1.5, approx. 5-6" diameter) + F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)	Dalia (1/2 bowl cooked) + chapatti (1.5, approx. 5-6" diameter) + F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)

2400 Kcal Diet



BREAKFAST
550 KCAL
APPROX

**MID-MORNING
SNACK**
400 KCAL
APPROX

**EVENING
SNACK**
400 KCAL
APPROX

LUNCH
550 KCAL
APPROX

DINNER
500 KCAL
APPROX

Time	Veg Meals 	Non Veg Meals 
Breakfast	Walnuts (7.5 g) + soaked almonds(7.5 g) + Vermicelli (1/2 bowl cooked)/ 2 bread slices/ poha (1/2 bowl cooked)/ upma ½ bowl cooked) + F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops) + banana (30 g) + apple (75 g)	Walnuts (7.5 g) + soaked almonds (7.5 g) + Vermicelli (1/2 bowl cooked)/ 2 bread slices/ poha (1/2 bowl cooked)/ upma ½ bowl cooked) + F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops) + banana (30 g) + apple (75 g)
Mid-morning Snack	[Banana (100 g) + low fat curd (150 g) Rice flakes (1 bowl)+ apple (1/75 g) + cooked green peas (50 g)	Banana (100 g) + 1 whole egg + 1 egg white + apple (1/75 g) + cooked green peas (50 g) + Rice flakes (1 bowl)
Lunch	Chapatti (3) + cooked vegetable (1 bowl) + red gram cooked (30 g) + curd (105 g) + carrot (105 g)	Chapatti (3) + red gram cooked (30 g) + chicken breast (1/60 g) or fish (100 g) curd (105 g) + carrot (105 g)
Evening Snack	Soya (20 g) + nuts (15 g) + carrot (100 g) + green peas (45 g) + rajma boiled (60 gm)	Soya (20 g) + nuts (15 g) + carrot (100 g) + green peas (45 g) + rajma boiled (60 gm)
Dinner	Dalia (1/2 bowl cooked) + chapatti (1.5, approx. 5-6" diameter) + cooked vegetable (1/2 bowl) + F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)	Dalia (1/2 bowl cooked) + chapatti (1.5, approx. 5-6" diameter) + cooked vegetable (1/2 bowl) + F1 shake (25 g) + 300 ml Skimmed milk

2600 Kcal Diet



BREAKFAST
600 KCAL
APPROX

**MID-MORNING
SNACK**
400 KCAL
APPROX

**EVENING
SNACK**
400 KCAL
APPROX

LUNCH
600 KCAL
APPROX

DINNER
600 KCAL
APPROX

Time	Veg Meals 	Non Veg Meals 
Breakfast	Walnuts (7.5 g) + soaked almonds (7.5 g) + dates (30 g) + Vermicelli (1/2 bowl cooked)/ 2 bread slices/ poha (1/2 bowl cooked)/ upma ½ bowl cooked) + F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)+ banana (30 g) + apple (75 g)	Walnuts (7.5 g) + soaked almonds(7.5 g) + dates (30 g) + Vermicelli (1/2 bowl cooked)/ 2 bread slices/ poha (1/2 bowl cooked)/ upma ½ bowl cooked) + F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops) + banana (30 g) + apple (75 g)
Mid-morning Snack	[Banana (100 g) + low fat curd (150 g) Rice flakes (1 bowl) + apple (1/75 g) + cooked green peas (50 g)	Banana (100 g) + 1 whole egg + 1egg white + apple (1/75 g) + cooked green peas (50 g) + Rice flakes (1 bowl)
Lunch	Chapatti (3) + cooked vegetable (1 bowl) + red gram cooked (30 g) + curd (105 g) + carrot (105g) + beetroot (75 g)	Chapatti (3) + red gram cooked (30 g) + chicken breast (1/60 g) or fish (100 g) curd (105 g) + carrot (105 g) + beetroot (75 g)
Evening Snack	Soya (20 g) + nuts (15 g) + carrot (100 g) + green peas (45 g) + rajma boiled (60 gm)	Soya (20 g) + nuts (15 g) + carrot (100 g) + green peas (45 g) + rajma boiled (60 gm)
Dinner	Dalia (1/2 bowl cooked) + chapatti (3, approx. 5-6" diameter) + cooked vegetable (1/2 bowl) + F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)	Dalia (1/2 bowl cooked) + chapatti (3, approx. 5-6" diameter) + cooked vegetable (1/2 bowl) + F1 shake (25 g) + 300 ml Skimmed milk + PPP (1 or 2 scoops)

Note - 1 Bowl is equal to 150 ml

For vegans: milk alternative- soy milk/ almond milk; curd alternative- tofu (1/2 bowl)

Replace your tea or coffee intake with Afresh energy drink mix

These vegetables may be used as desired. Carbohydrates and calories are negligible

Leafy Vegetables

Bitter gourd [Kerala]
Curry leaves
Amaranth
Fenugreek leaves
Brussels sprouts
Mint
Cabbage
Spinach
Coriander leaves

Other Vegetables

Brinjal
Onion stalks
Cauliflower
Pumpkin
Drumstick
Tinda
Frenchbeans
Tomato, Green
Mango, Green

Disclaimers:

Nutritional information may vary with the ingredients used.

This document is only for general information and not intended to be a substitute for the advise of a qualified and registered medical practitioner or a recommendation for any treatment plan.

Source: <https://www.iitk.ac.in/hc/food-exchange-list>
Exchange list (100 Kcal) with few exceptions- RD exam



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