

# Diet Chart

Vegetarian



Note: This is a general diet chart suitable for weight loss and active lifestyle enthusiasts. For a personalized guidance, you can book consultation with our expert team.

## Morning Wake-Up Options

- Jeera Water: 1 glass of lukewarm water with ¼ teaspoon of Cumin (jeera) seeds
- Cinnamon Water: 1 glass of lukewarm water infused with 1 pinch of Cinnamon powder
- Soaked Methi Water: Soak fenugreek seeds in water overnight
- Lemon Water: 1 glass of lukewarm water with lemon juice
- Tea / Coffee: If morning milk tea or coffee is a must for you, then take 1 cup with skimmed milk without sugar

## Breakfast Options

- Flakes ( Bajra, Jowar, Ragi) with skim milk with nuts, honey and 2 dates.
- Besan Chilla / Moong Daal Chilla: Chilla with spices and veggies.
- Poha: Flattened rice cooked with peas, peanuts, and spices
- Vermicelli: Millets or grams based vermicelli with vegetables, peas and peanuts
- Vegetable Upma: Foxtail or Barnyard millet upma with vegetables of your choice.
- Whole Wheat Bread Sandwich: With cucumber, tomato, and mint chutney limited to 2 slices
- Millet idli or dosa with mint or coriander chutney
- Cooked Oats with skimmed milk and nuts
- Millets Muesli with skimmed milk

# Mid-Morning Snack Options

- 1 small to medium sized fruits - Guava / ½ cup cut Papaya / Apple / Orange
- Roasted Chana: A small handful of roasted chickpeas
- Roasted Peanuts: A small handful of roasted peanuts
- Fox Nuts (Makhana): A small handful of roasted fox nuts
- Baked Sweet Potato: Sliced and baked with a sprinkle of chaat masala
- Butter Milk : home made from skimmed milk.
- Boiled black channa, peanuts, white channa or peas.
- Vegetable soups

# Lunch Options

- Spinach and Paneer (Cottage Cheese) Curry: With multigrain roti 2 nos
- Rajma (Kidney Bean) Curry: With brown or red rice
- Cucumber Raita: With cucumber, yogurt, and spices
- Stuffed Bell Peppers: Bell peppers stuffed with quinoa and vegetables
- Mixed Vegetable Curry: A variety of seasonal vegetables in a flavourful curry
- Bhindi Masala: Okra cooked with spices
- Vegetable Pulao: Fragrant brown rice or red rice or kodo millet dish with mixed vegetables and aromatic spices
- Any seasonal green vegetable with multigrain roti 2 nos or 1 portion brown rice or red rice or kodo millet

## Suggested meal composition

- 2 multi-grain chapati (or) 1 cup of brown/ red rice (or) 1 cup of kodo millet as rice replacement
- 1 cup of vegetables,
- 1 cup of dal or 1 cup slim milk curd
- 1 cup salad
- Completely avoid papad, fried items, pickles etc.

# Afternoon Snack Options

- Almonds: A small handful of almonds
- Fresh Fruit Salad: A mix of seasonal fruits
- Skimmed milk Cottage Cheese Cubes: With a sprinkle of black salt and pepper
- Carrot or cucumber Sticks with Hummus: Fresh carrot or cucumber sticks with a side of hummus
- Mixed Nuts: A small handful of mixed nuts (almonds, walnuts, fox nuts)  
Roasted Chana, Roasted Peanuts, Roasted Green Peas

# Dinner Options

- Same options as suggested for lunch (for healthy lifestyle)
- For Weight Loss:
  - 1 bowl of Nutritious Multigrain Soup with sauté veggies of your choice like Leptyn Health Mix
  - A suitable meal replacement powder after consulting a weight loss doctor or dietician

# Effective Weight Care Tips

- Drink Water:** Sometimes, thirst can be mistaken for hunger. Start by drinking a glass of water when you feel hungry between meals. Sometimes, thirst is confused with hunger.
- Mindful Eating:** Pay attention to what you're eating. Avoid distractions like TV or your computer. Focus on the taste, texture, and aroma of your food.
- Chew Slowly:** Chew your food thoroughly and savour each bite. This can help you feel more satisfied with smaller portions.
- Portion Control:** Use smaller plates and bowls to control portion sizes. Smaller servings can still leave you feeling full.

- Protein and Fiber:** Eat your protein-rich foods first, followed by high-fiber foods during your meals and snacks. They keep you feeling full for longer.
- Scheduled Meals:** Stick to regular meal times. Skipping meals, can lead to excessive hunger.
- Adequate Sleep:** 8 hours of good sleep is important to achieve any weight loss goal.
- Emotional Check:** Before reaching for a snack, ask yourself if you're eating out of boredom, stress, or sadness. Find non-food ways to cope with emotions.
- Count from 20 to 1:** If you're about to indulge in a snack, count slowly from 20 to 1. This pause can help you reconsider whether you're really hungry.
- Physical Distraction:** When cravings hit, take a short walk, stretch, or do a quick workout. Physical activity can reduce the urge to snack.
- Healthy Alternatives:** If you still feel urge to eat, choose only from one of the healthy options from snacks options provided above.

# Health Store

Buy Online: [www.leptyn.com](http://www.leptyn.com)



Healthy Staples



Breakfast Essentials



Sweet Delights



Kits and Combos



Grains & Flours



Drinks and Soups



Noodles & Pasta



Healthy Snacks



# LEPTYN

LEPTYN  
*Low GI*  
**8 GRAINS ATTA**  
*With Fenugreek & Flax Seeds*

Healthicious Choice

100% NATURAL PRODUCT

Only 15% Wheat Flour

Use as it is or mix in 1:1 ratio with regular atta

Suitable for Diabetics & Weight Watchers

Raw Barley has one of the lowest Glycemic Index within grains family. It is rich source of fiber, molybdenum, manganese and selenium.

Net Wt. : 1 kg

ADD TO CART

LEPTYN  
*Instant Mix*  
**MILLET DOSA**

Healthicious Choice

100% NATURAL PRODUCT

Low Glycemic Index

Suitable for Diabetics & Weight Watchers

Blend of Healthy Millets

Kodo Millet is a great substitute for polished white rice and is a powerhouse of nutrients.

Net Wt. : 300 g

ADD TO CART

LEPTYN  
*Multigrain*  
**HEALTH MIX**  
*Instant Soup*

Healthicious Choice

100% NATURAL PRODUCT

Powerhouse of 20 Nutrients

Suitable for Diabetics & Weight Watchers

Wholesome Nourishment for all Aged People

Little Millet is rich in niacin which helps lower cholesterol and triglycerides which is great for weight loss and tissue repair.

Net Wt. : 200 g

ADD TO CART

LEPTYN  
*Barnyard*  
**MILLET NOODLES**

Healthicious Choice

100% NATURAL PRODUCT

Rich in Dietary fiber

Sun-Dried Noodles

No Maida

Barnyard millet has high levels of protein, calcium, iron, minerals, and vitamin B complex.

Net Wt. : 180 g

ADD TO CART



 ADD TO CART



 ADD TO CART



**Want help to achieve your Weight Loss Goal?**

## Contact Us

Address: #17, 11th Cross Road, Indiranagar, Adyar,  
Chennai – 600020, Tamil Nadu, India

Phone / Whatsapp: +91-93-6301-6300

Email: [support@leptyn.com](mailto:support@leptyn.com)

Website: [www.leptyn.com](http://www.leptyn.com)