

# WEIGHT REDUCTION MODEL DIET PLAN - DR EDMOND FERNANDES

*Posted on February 27, 2021 by Edmond*



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**After waking up** - 1 glass water with some herbs

## **Morning**

Lemon tea/ Ginger Tea/Coffee/ milk 1 cup (150 ml) + 2-4 soaked almonds

## **Breakfast:**

2 boiled eggs or 2 Idlis / 2 dosa / Poha/ upma 1 cup cooked

## **Lunch:**

Salad with fresh green leafy vegetables and 1 cup curd

Dal/ 2 piece chicken & curry / sambar/ rasam 1 cup

Phulkas ( multigrain ) 2 piece

Cooked vegetables/ greens/ palya 1 cup (150 gms)

**Evening** – 1 cup tea/coffee and 2 biscuits

**Walking:** 30 minutes everyday

**Dinner:**

Salad with fresh vegetables 1 cup

Methi Dal / sambar/rasam 1 cup

Phulkas ( multigrain ) 1-2 piece. **NO MEAT**

Cooked vegetables/ greens/ palya 1 cup (150 gms)

Bedtime - Milk/buttermilk (optional) 150 ml

**Mandatory:**

1. Walking 30 minutes daily brisk walking
2. Drink minimum 3 litres of water everyday
3. Avoid smoking/alcohol and strictly avoid red meat(pork/mutton/beef)

Record your weight on 1<sup>st</sup> Sunday of the month and 4<sup>th</sup> Sunday of the month.

Maintain this for next 3-5 months.

**Clinic:** Lobo's Medihub, Near Infant Jesus Church, Bikarnakatte, Mangalore. For Appointments call:  
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