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Every person who wants to loose weight have to make a diet plan and also making a diet plan is not enough. He or she has to follow that plan strictly to loose weight. You should not consume more calories than what your body demands. This article will give you some diet plans and your can opt whichever you like as everybodyâ€™s tastes are different. There is always a substitute food so you can switch to any other food of same calories according to your wish.

This plan is for every person who wants to loose weight. This diet plan allows you to eat somewhat less or more calories than the average daily intake of around 2000 calories. You can add or remove the foods to a total of 200 calories and achieve the target of weight loss.

The following diet plan will fulfill all the requirements of the nutrients and the foods that are low on calorie side and contain the fiber content, fatty acids, vitamin and minerals that are necessary for the body. The average daily consumption of food in calories should be 2000 calories as this will not make you feeling hungry and loosing stamina to work. You can also make alteration in the diet plan according to your taste and choice and make a diet plan for you.

Early morning:

Half lemon juice with one glass of warm water

One cup of tea with one sugar free biscuit

Breakfast:

One egg white or one slice of brown bread

1 cup orange juice

1 cup fat-free milk

Or

Corn flakes with fat-free milk

One banana or apple

Or

Cooked oatmeal with raisins and margarine

Bread toast with jam

Lunch:

One whole-grain bread or chapati with lettuce, sautÃ©ed mushrooms, or sautÃ©ed any vegetable or one small bowl of rice

3/4 cup baked potato wedges

Green salad

Dinner:

One chapati with one bowl of dal

Or

Fried veggies with dinner roll

Steamed broccoli or corn

1 cup fat-free milk

Snacks:

1 cup sprouted dal

1 slice of any fruit of your choice

Yogurt with any fruit

The easy diet chart should have the following percentages of the main component of food for weight loss:

The Dairy Products like milk, curd etc should be of 27 percent and same percentage of vegetables. Vegetables include spinach, ladyfinger, cabbage, cauliflower and all seasonal vegetables. Cereals should constitute again 27 % of the diet. Fruits like grapes, mango and all seasonal fruits should be of 9%, pulses 6 % and fat component like butter, cakes should be 2 % only. If you are non-vegetarian then you can have 3% of meat and 3% of pulses as they both have rich protein so adjustment is made between meat and pulses.

In addition to following a diet plan you need to do exercise, do yoga and walking as there is no one factor that will make you loose fat. Do not forget to take your breakfast as after a long night you need something to eat. This is a tip as so many of us try to skip breakfast. You can have it light but donâ€™t skip it. All the best for getting an appropriate weight for your body.

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Read about a Control Obesity also read about a yoga for weight loss and a yoga for overweight

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