



## *Dr. Reeta's Diet Sheet*

### **MEAL PLAN**

1. Weigh in, record your weight.
2. Decrease portion size by 20% (1/5th) every 10 days.
3. When clothes are looser, weigh again. \*NOT BEFORE!\*
4. If you're hungry, have:
  - 12 oz hot fruit/ spiced herbal tea
  - 4 pistachios or peanuts, or pecans, or almonds
5. If you're still hungry, drink water, walk or get busy doing something
6. Yogurt regimen once a week

### **YOGURT REGIMEN**

#### **Yogurt smoothie for breakfast, lunch, and at 4 PM**

4 oz Greek Yogurt (no thickeners, xanthum gum or preservatives).

Make smoothie with 6 oz water, ice cubes, 1 teaspoon honey

OR pinch of salt and pepper and mint or dill. If you don't like smoothies, eat the yogurt and drink 10 oz water.

**Calories: Yogurt: 195 calories (12 oz) Honey: 63 calories (3 tsp)**

#### **For Dinner:**

3 oz fish (salmon, tuna, snapper, mackerel, etc) baked, with lemon & herbs.

2 cups arugula or mixed lettuces with lemon juice.

1 cup of melon (cantaloupe, honeydew, or watermelon) twice during the day.

Calories: Fish: 100-165 calories (depending on type); arugula/ lettuces 12 calories; Melon: Calories: 40-50 calories/ cup

Try this regimen once or twice a week. Remember to drink plenty of water with lemon juice.

**Total calories: approximately 600 calories/day**

