

## Rainbow Obesity and Eating Disorder Centre

### Meal Plan for Bing Eating Disorder

Age: 30 years

**BMI category: Obese**

MEALS	FOOD ITEMS	QUANTITY
<b>WALK 10-15mins</b>		
PRE BREAKFAST	lukewarm water with Isphagol & lemon juice Or Metamucil with water	1tbsp Isphagol/Metamucil in 1 glass of lukewarm water and ½ lemon
BREAKFAST 8:00-9am	Quaker oatmeal with almonds & flax seeds  Boiled egg  Or Spanish omelet  Bran bread  Steamed tea	3tsp Oatmeal in ½ cup lukewarm low fat milk, 2 chopped almonds & 1 tsp flax seeds  1  Or 1 egg with vegetables(spinach, onion, coriander, tomatoes, green chillies),mushroom 1 chopped  1 slice  1cup
10:00 am	Watermelon & lemon slush	½ c watermelon deseeded & ½ c chilled water/ ice & 1 lemon
11:00 AM	Coconut slices Or Almonds	2-3 slices (thin) Or 5-7



LUNCH 12:30-2:00 pm	Green salad with grilled chicken open sandwich  Or Baked tuna in lettuce wraps with honey mustard sauce	1 Cup Green salad with 3 ounce grilled chicken open sandwich in bran bread with veggies  Or 2 ounce
3:00 pm	Roasted black chickpeas Or Peach/ apricot	1 fist Or 1 medium
<b>WALK</b> <b>10-15mins</b>		
4:30 pm	Lemonade with chia seeds	1 glass water with 1 lemon & ½ tsp. honey & ½ tsp soaked chia seeds
Dinner 7:00-8:00 pm	Mix vegetable salad Mint Raita Any vegetable gravy  Or Chapatti roll  Yogurt & mint dip	1c 3tbsp. 1 ½ cup cooked with  Or 1 chapatti, 1 seekh kebab, salad 3-4tbsp (capsicum, cabbage, carrot) ½ c
10:00-11:00 PM BED TIME	lukewarm water with cinnamon powder & lemon juice or lemon grass tea	1 glass of lukewarm water with pinch of cinnamon powder and ½ lemon Or 1c



## RECOMMENDATIONS

- Drink 8-10 glasses of plain water daily
- Don't drink too much liquids in between meals
- Use whole grain bread & cereals
- Prefer whole fruits instead of juices
- Use black pepper, olive oil and lemon juice in salad dressings.
- Use low fat milk where milk is recommended
- Use low fat homemade yogurt where yogurt is recommended
- Include fruits and vegetables daily in your diet
- Avoid refined products as naan, buns, white bread, white rice, bakery products
- Avoid taking sweetened beverages and fizzy drinks.
- Avoid eating junk and deep fried foods
- Substitute sugar with ½ tsp. of honey or splenda or stevia
- Take 1 date in case if sugar craving
- Try to set a proper routine of eating and sleeping to boost your metabolism
- Follow the timings and focus on portion sizes
- Chew your food slowly and properly 30 times per bite.
- Eat without T.V , newspaper & computer
- Try to do all your work on your own
- Be physically active
- Do physical activity (walk) twice a day for 10-15 minutes.
- Do not sit for more than 30 minutes, try to move your body parts while sitting knee exercise and hand movements



### **Steps of intuitive eating**

- Reject the false hope of quick weight loss
- You should be eating when you are hungry to keep your metabolisms going
- Making peace with food means giving yourself permission to eat.
- Listen to the body signals that tell you if you are no longer hungry.
- Ask Yourself What You Really Want to Eat.
- Check in and Stop When You're Satisfied
- Find ways to comfort, nurture, distract, and resolve your issues without using food.
- Eat Mindfully

**Vegetarian Options** include Tofu, Soy, Feta Cheese, Chick peas, Quinoa, Halloumi Cheese

### **Additional Support:**

One must receive psychotherapy simultaneously (preferably individual) to help address triggers. Causes behind Binge Eating episodes are very individualistic and so psychotherapy needs to be tailored to each person's needs. Monitoring by the Psychiatrist and Medical physician is essential to manage complications like Depression, Anxiety, Obesity and Obesity related complications.

