

Meals for weight loss



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Try daily before breakfast :

- Warm water with lemon juice, apple cider vinegar, cinnamon, and ginger: cup of warm water with these ingredients on an empty stomach. This drink may be the best drink for weight loss
- Green tea: Green tea contains antioxidants that help stimulate the metabolism and burn fat. Green tea is one of the best herbs for weight loss.

Snacks with calories ranging from 100 - 150 calories

Meals for breakfast or dinner :

- 2 boiled eggs with one brown toast and a cup of skim milk = 120 calories
- 2 eggs omelet with olive oil, spices (salt, cumin, and pepper), and a little cheese, with one kurus = 125 calories
- One fat-free yogurt with a plate of fruit salad and a cup of coffee without sugar = 120 calories
- 2 pieces of mashed potatoes with a piece of brown toast and a cup of skim milk = 120 calories
- A plate of green salad with tuna = 100 calories

Meals for lunch :

- Salad (Arugula, carrot, pomegranate and cottage cheese) is a complete meal = 150 calories
- A plate of fava beans with tuna pieces, eaten with a spoon, is considered a complete meal = 150 calories
- A 100-gram piece of cottage cheese with 2 bananas = 100 calories
- 3 bell peppers stuffed with minced meat with low-fat yogurt = 125 calories
- A quarter kilo of fillet fish and lemon with a medium plate of hummus or tahini, 125 = calories
- One piece of fillet salmon with one grilled sweet potato = 120 calories
- A grilled sweet potato with a boiled egg = 100 calories
- Green apple slices spread with sunflower butter = 100 calories
- Low-fat yogurt with 3 strawberries = 100 calories
- A slice of brown bread with cottage cheese, tomatoes and cucumber = 100 calories
- 4 slices of smoked salmon with a small salad plate = 100 calories
- Corn popcorn with a cup of low-fat milk = 100 calories
- 5 pieces of grilled shrimp = 100 calories
- Medium-sized fruit salad of pineapple, banana, strawberries and kiwi = 100 calories

- Chicken breast with a small salad plate = 120 calories
- Minced meat soup with 1 tomato, 1 onion, and one eggplant = 120 calories.
- Chicken breast broth soup with 200 grams of cauliflower and a small chopped onion = 125 calories
- Lentil soup with chicken breast with black pepper, cumin and garlic = 125 calories
- A quarter kilo of liver, sliced, green pepper, sliced onion, and 2 cloves of minced garlic. All grilled spices = 130 calories
- A 100-gram piece of meat with 8 tablespoons of basmati rice and a small onion = 125 calories
- Dish of Okra or ladies finger cooked with 2 pieces of 150 grams meat = 125 calories
- 4 pieces of Zucchini stuffed with minced meat with a small salad plate = 125 calories

It is preferable to vary a mixture of these items daily according to their calories, as previously mentioned

Vegetables :

such as Cucumber, Celery, Tomatoes, Watercress and Broccoli

Fruits :

All fruits with green skin, such as Green apples, Pineapple, kiwi, Avocado. Pears and guava

Nuts :

such as almond, walnut, Hazelnut, Cashew and Peanut: 5-10 pieces daily

Boiled eggs : 3-6 eggs daily

Legumes :

such as fava beans, kidney beans, chickpeas, Peas and Lentils are eaten with a spoon, not with bread

It is preferable to avoid carbohydrates :

in the first 3 weeks, such as rice, bread, pasta, potatoes, pastries (pie, pizza), and all sugars.

Maintaining consistent aerobic exercise :

such as brisk walking, for at least 30 minutes most days of the week is one of the best ways to lose body fat.

For burning fat in special areas :

Like Tummy, thighs or other areas we advise you to use Mesotherapy which is available in our clinic

For more details and further advices :

Please visit our clinic or whatsapp 65000874

