

Diet Plan for Obesity

Name		Age	Date
BMI	Current Weight	Target Weight	
<i>This diet plan is created to support individuals with obesity in achieving sustainable weight loss through balanced nutrition and healthy eating habits. It emphasizes whole foods, portion control, and a variety of nutrients necessary for overall health.</i>			
Weekly Meal Plan Overview			
Breakfast Options			
Lunch Options			
Dinner Options			
Snack Options			

Food to Avoid**Goals****Daily Caloric Intake Goal****Protein Goal****Fiber Goal****Fat Goal****Carbohydrates Goal****Water Intake Goal****Notes and Adjustments to Diet:****Activity Level****Recommended Daily Activities (include type and duration)****Healthcare Professional's Additional Notes and Recommendations**