



# INSTADIET

LOSING WEIGHT NOW POSSIBLE!

**ALL THAT YOU NEED TO  
KNOW!**

P: 1800 203 3438

W: [www.instadiet.in](http://www.instadiet.in)

# IT'S EASY TO GET IN TOUCH

## Customer Services

Have a query, or a question, or a complaint?

Well, you got nothing to worry about because we are just one mail away.

We want to provide a smooth experience to all our valued customers, so we keep the process completely straight forward and easy.

So get in touch with us regarding any issue you're facing and we will be more than happy to help.

### Reach Us:

InstaDiet Meals Pvt. Ltd.

P: 1800 203 3438

[info@instadiet.in](mailto:info@instadiet.in)



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# WELCOME TO INSTADIET

**First of all, a big congratulations on choosing InstaDiet to be your weight loss companion.**

**Take your first step towards a healthier & happier life.**

Your InstaDiet hamper contains all the food items you have selected from our menu: your breakfast, lunch, dinner, and snacks. All you have to do is add recommended fresh fruits, vegetables and dairy for a portion-controlled and calorie-counted diet that'll help you achieve your goals. This diet guide will provide you with insightful advice on the correct do's and don'ts, so you can get the best results.

You can also easily manage your account online, where you can change your details and select items for your hamper with ease and convenience.

**For more information, visit us at [www.instadiet.in](http://www.instadiet.in)**

## Find us on Social Media

Get information, support and guidance by joining the InstaDiet community. You'll find success stories, motivational experiences and so much more! Connect with like-minded people who are all on similar journeys, get encouragement and celebrate when you achieve your target.



# WHERE DO I START?

**When you start your weight-loss journey with InstaDiet, you don't have to keep track of each and every calorie, every ingredient or even the portion sizes. We get it all done for you.**

Before you start with your journey, you should be prepared with some basic knowledge that will help you set your goals. So you should be aware of some information like your daily calorie allowance and BMI.

You can use our easy BMI calculator to get this data. Find it on our homepage or [www.instadiet.in/bmi\\_calculator](http://www.instadiet.in/bmi_calculator).

Your BMI goes down along with your weight and when BMI decreases, so does one's daily calorie allowance. Thus, it is important that you keep a regular check on your BMI. We suggest you complete a new BMI profile after every 2 kgs you lose.

The upcoming pages will help you figure out how exactly your daily calorie allowance is set up.

# HOW DO I FOLLOW THE PLAN?

**InstaDiet offers over 65+ portioned-controlled and calorie-counted meals and snacks for you to choose from. Each dish prepared with the finest quality of ingredient, we offer meals that you are used to eating regularly, so you won't need to deprive your taste buds. Just heat and eat, while losing up to 2 kgs every week.**

You choose what you eat daily. While some meals might be slightly lower or higher in calories than others, everything is overall balanced at the end of the day.

To reach your daily calorie allowance, you should add fresh fruits, vegetables and low-fat dairy to your InstaDiet meal plan. As a general guideline, you are suggested to have 2 portions of fruit and vegetables and 1 portion of low-fat dairy.

In case your calorie allowance is substantially higher, you may need to add extra calories to your daily meals to bring you up to your requirements.

**InstaDiet's meal plan is easy to stick to and helps you develop healthy dietary habits. Some of our key strategies include:**

**Portion Control:** Your InstaDiet meal plan includes ready-to-eat meals that are portion-controlled. While the portion size might seem smaller than what you are used to eating in the beginning, but your body will adjust quickly and you'll soon start feeling satisfied eating smaller portions.

**Eat Little and Often:** Skipping meals in order to lose weight is not very useful, as that can lead to further overeating and bingeing. InstaDiet encourages you to eat smaller meals and snacks throughout the day, so at no point of time you feel like you're starving.

**Moderation:** Moderation is the key to success when it comes to weight loss. Hence, InstaDiet doesn't believe that one can only lose weight through salads and soups. You can eat the food you love and still lose weight by staying within your calorie allowance.

**Fill up on fruits and vegetables:** Most fruits and vegetables are low in calories and high in fiber which keeps you full for a long time. Adding them to your diet will help you lose weight faster without feeling like you're hungry or starving.

# FIND OUT HOW MUCH WEIGHT YOU SHOULD LOSE:

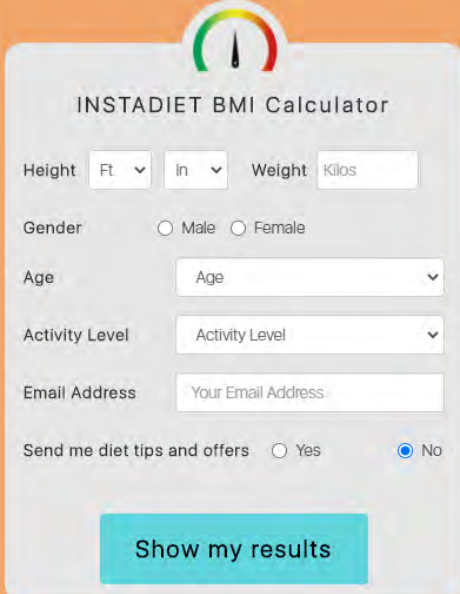
Use Instadiet Body Mass Index (BMI) calculator to know if you're at a healthy weight range. Our calculator will tell you your present BMI as well as the recommended BMI to help you set up your goals. We even calculate how many calories you need daily in order to maintain a steady and healthy weight loss of up to 2 kgs per week.

Losing weight is easier when you know how much you need to lose.

Check your BMI with our free InstaDiet Calculator.

Use InstaDiet Body Mass Index (BMI) calculator to know if you're in a healthy weight range.

Our calculator will tell you your present BMI, as well as the recommended BMI to help you set your weight loss goals. We even calculate how many calories you need daily in order to maintain a steady and healthy weight loss of up to 2 kgs per week.



The image shows a screenshot of the 'INSTADIET BMI Calculator' form. At the top is a logo with a rainbow arc and a vertical line. The form fields are: Height (Ft and In dropdowns), Weight (Kilos input), Gender (Male and Female radio buttons), Age (Age dropdown), Activity Level (Activity Level dropdown), Email Address (Your Email Address input), and Send me diet tips and offers (Yes and No radio buttons, with No selected). A teal 'Show my results' button is at the bottom.



# WHAT CAN I ADD

For example, if according to one's BMI profile, their daily calorie allowance is 1400 calorie, their InstaDiet plan would look something like this:



(This is just an example as calorie allowances differ from person to person, so one might have to add more or fewer calories to their diet accordingly. Ideally 1500 calories/day is required to fully grown adult male and 1200 calories/day is required to fully grown adult female. That is why InstaDiet provides four meals/day to females and five meals/day to male who are willing to lose weight.)

All your InstaDiet meals are calorie-counted and portion-controlled. You can add fruit, vegetables and low-fat dairy as per your needs. The next few pages will tell you more about how your typical day and week will look with InstaDiet, and what you can add to your diet under your calorie allowance.

# BALANCE IT OUT

**Moderation is a key component of weight loss and weight maintenance process, and InstaDiet makes practising portion-control super easy.**

When deciding what to add to your InstaDiet plan, we suggest you be careful of the daily calorie allowance and add around 2 portions of fruits and vegetables and 1 portion of low-fat to reach 1200 calories per day.

You need to add further calories if your calorie allowance is more than 1200 calories. There is no ban on any kind of food for this addition, but you have to make sure it doesn't exceed your calorie allowance.



## Fruits and Vegetables

They are low in calories and full of fibre to keep you full for longer.

This also includes pulses like lentils and beans like kidney beans, chickpea, etc. These are great, low-cal additions to your diet plan as they are rich in protein and fiber.

Choose whole fruits over juices and smoothies as they are far lower in calories. Also, try to incorporate different fruits and vegetables into your diet as they all contain different essential nutrients.

Please keep in mind that while some fruits and vegetables are low-calorie, not all are. Our calorie guide can help you with such information.





## Dairy

You can consume two portions of dairy per day.

Dairy can include low-fat yoghurt in your breakfast, or milk with tea, coffee and cereals. Dairy products are good sources of protein and calcium.

### ***Suggested portion sizes:***

- Skimmed/semi-skimmed milk - 250ml
- Cheese/low-fat cheese - 30g
- Low-fat yoghurt - 125g

Choose low-fat or skimmed dairy products to keep calories in check, but also be aware of the sugar content in them. If using cheese, try the ones with stronger-flavours, as you'll only need to use them in smaller quantities.

**While it's easy to be conscious of the calories you intake while eating a meal, most people overlook the calories that their drinks add on. So make sure your choice of drinks doesn't ruin your weight loss journey by adhering to the following tips:**

### **Tea and coffee**

You don't have to cut back on your morning cup of tea or coffee while following your InstaDiet plan, but be aware of what you're adding to it.

**Beware of Sugar:** Sugars are full of calories. Just a spoonful can add around 28 kcal, so try avoiding it all costs.

**Milk matters:** Milk is okay to be consumed as a part of your daily calorie-allowance, but choose the type of milk wisely. Skimmed or semi-skimmed milk is your best bet here but also be careful about the quantity you add.

### **Sodas**

Steer clear of fizzy drinks as a whole as they are full of sugars. Just a glass can add on 140 kcal.

**Sugar-free variants:** If you must have these, opt for their diet variants.





### **Smoothies and Juices:**

Smoothies and fruits juices can seem outwardly healthy, but sometimes they contain so much sugar, their calories can match up to that of fizzy drinks. It's better to just have fruits instead.

Portion control: If you simply cannot cut back on smoothies or juice, then practice consuming smaller portions, like 150ml.

### **Alcohol:**

It's best to avoid alcoholic drinks completely if you can. They are full of empty calories, and just not good for self-discipline. If you must have a drink, though, consult our calorie guide on page 36 to help you make better choices.

### **Stay Hydrated:**

Drinking enough water is an essential component of the weight loss process. It not only helps in flushing out toxins from your body but also helps curb your appetite if consumed before meals. In fact, a lot of times, we confuse our thirst for hunger, so drinking lots of water helps you stay fuller as well.



# MENU FOR THE WEEK

INSTADIET OFFERS OVER 65+ MEALS AND SNACKS OPTIONS FOR **FEMALES** TO CHOOSE FROM.

HERE IS AN EXAMPLE OF WHAT YOUR WEEKLY MENU CAN LOOK LIKE!

Breakfast:  
Mixed Veggie Oats

Lunch:  
Dal Tadka

Snack:  
Roasted all-in-one

Dinner:  
Penne Arrabbiata

**MONDAY**

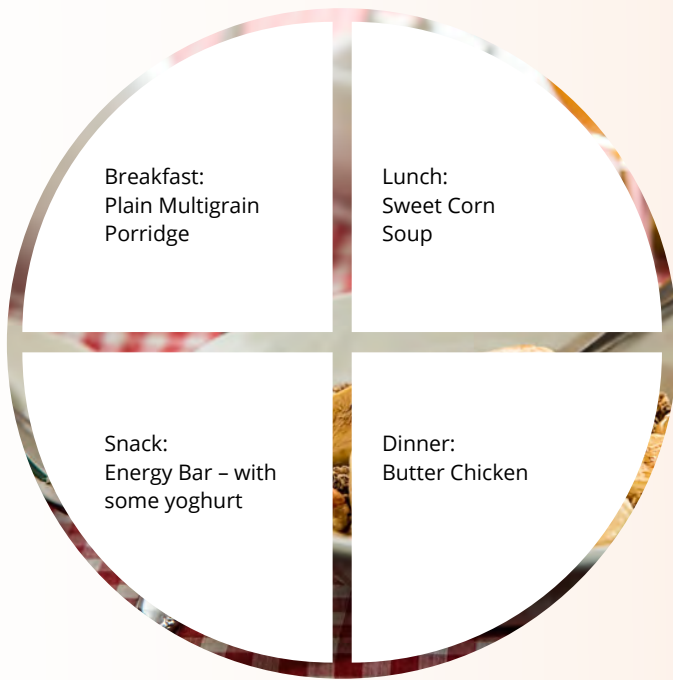
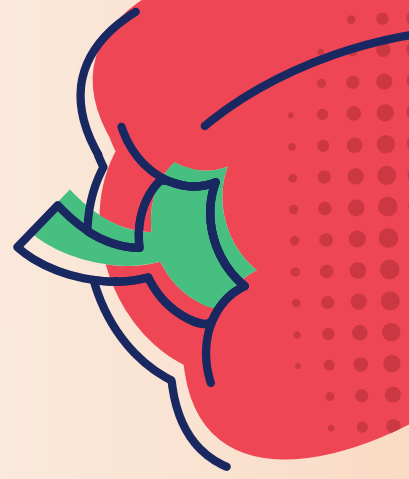
Breakfast:  
Strawberry flavoured  
Muesli - add skimmed  
milk and strawberries

Lunch:  
Rajma

Snack:  
Choco chip cookie

Dinner:  
Veg Kofta Curry

**TUESDAY**



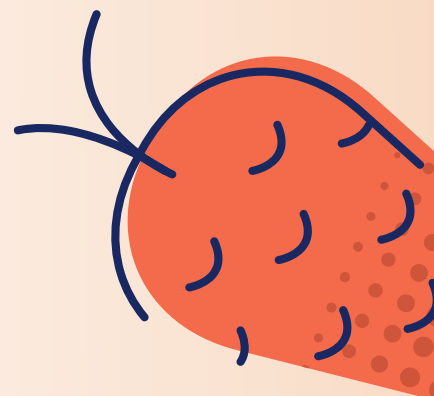
## WEDNESDAY



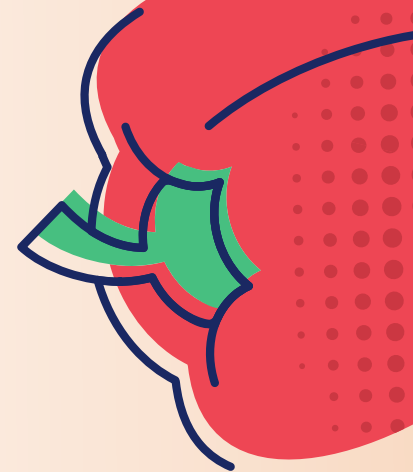
## THURSDAY



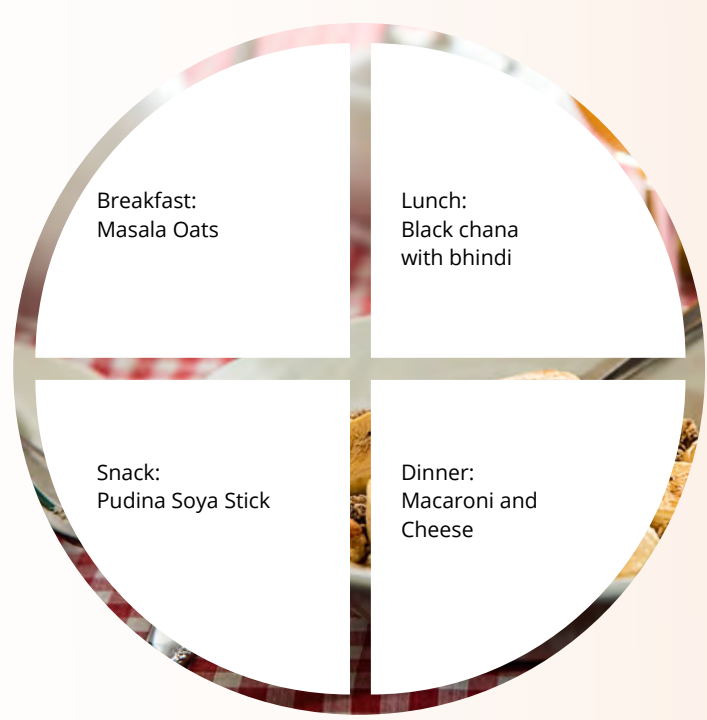
## FRIDAY



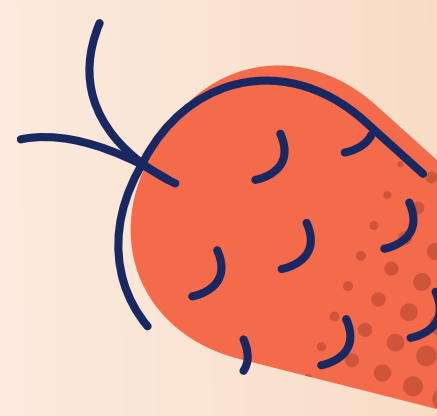




## SATURDAY



## SUNDAY




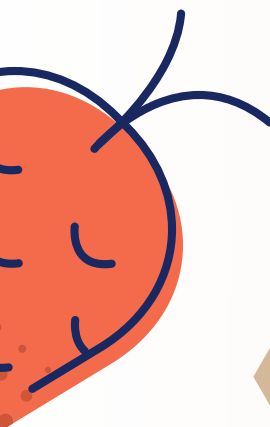


# MENU FOR THE WEEK



INSTADIET OFFERS OVER 65+ MEALS AND SNACKS OPTIONS FOR **MALES** TO CHOOSE FROM.

HERE IS AN EXAMPLE OF WHAT YOUR WEEKLY MENU CAN LOOK LIKE.



Porridge (Multi-Grain)

Kadhi Palak

Chips (Quinoa Peri-Peri)

Cookie (Just Oats)

Porridge (Multi-Grain)

**MONDAY**

Porridge (Honey)

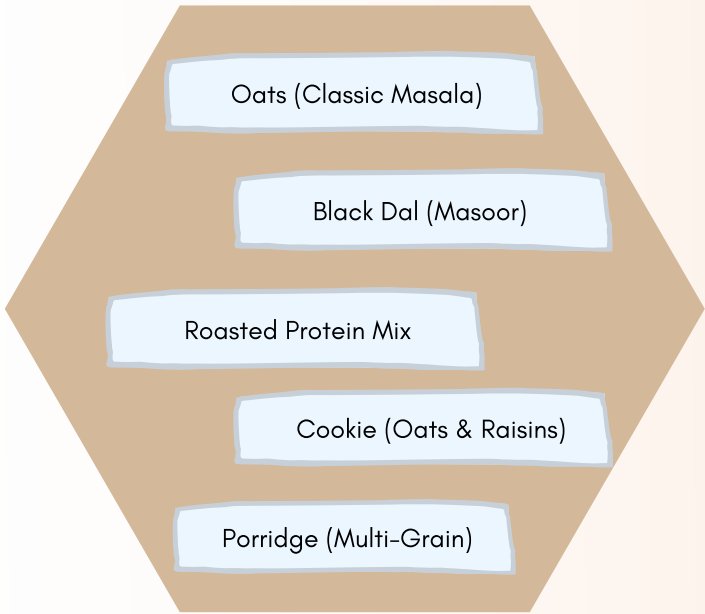
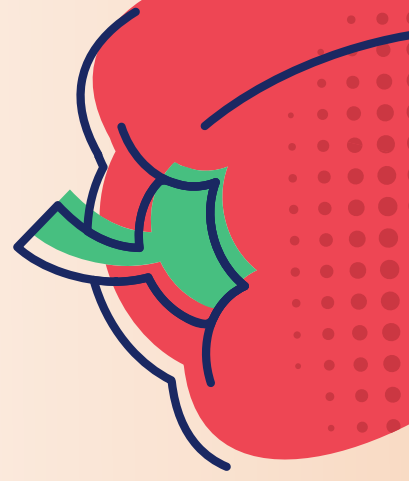
Khichdi

Chips (Oats, cream & onion )

Cookie (Oats & Cranberry)

Porridge (Multi-Grain)

**TUESDAY**



Oats (Classic Masala)

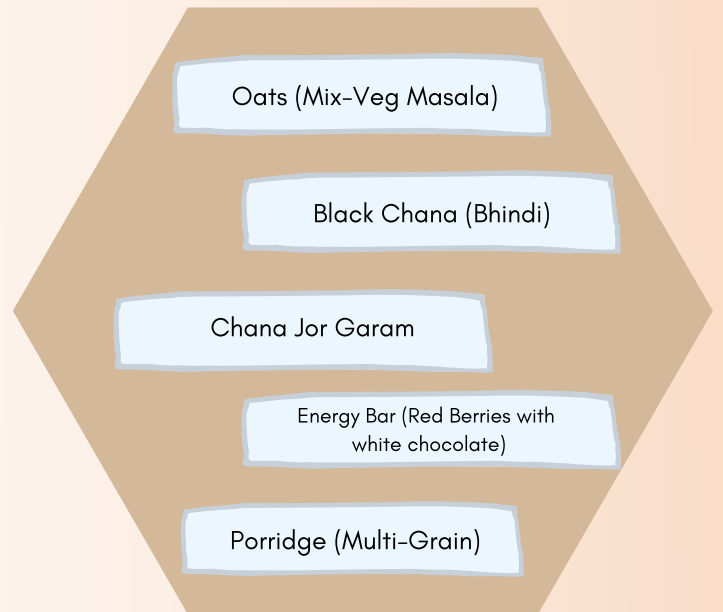
Black Dal (Masoor)

Roasted Protein Mix

Cookie (Oats & Raisins)

Porridge (Multi-Grain)

## WEDNESDAY



Oats (Mix-Veg Masala)

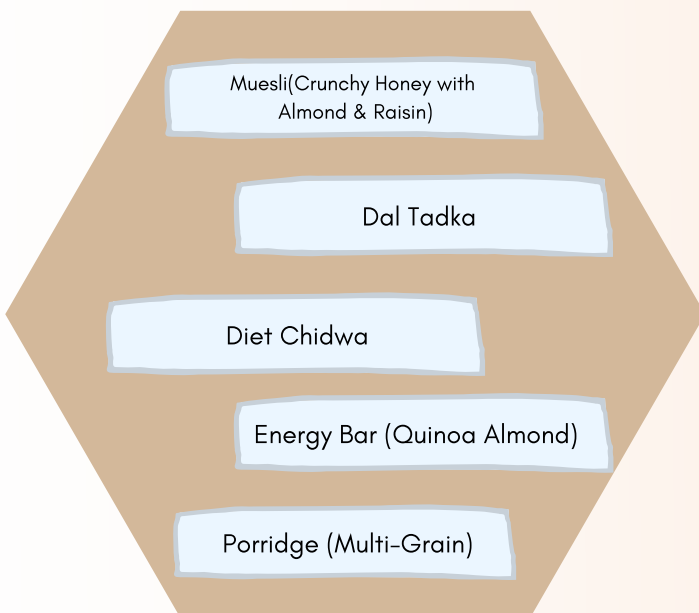
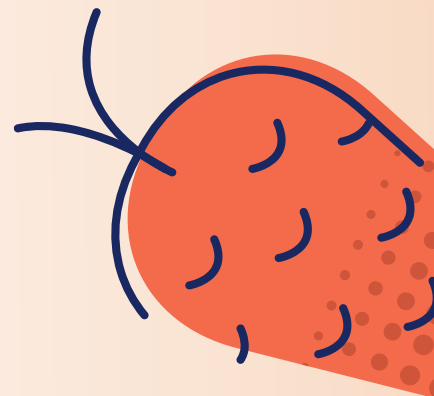
Black Chana (Bhindi)

Chana Jor Garam

Energy Bar (Red Berries with  
white chocolate)

Porridge (Multi-Grain)

## THURSDAY



Muesli (Crunchy Honey with  
Almond & Raisin)

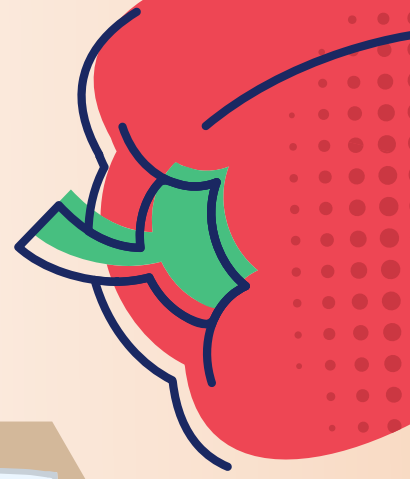
Dal Tadka

Diet Chidwa

Energy Bar (Quinoa Almond)

Porridge (Multi-Grain)

## FRIDAY



Milkshake (Chocolate)

Dal Makhani

Energy Bar (Banana Walnut)

Cookie (Choco Chip)

Porridge (Multi-Grain)

**SATURDAY**



Muesli (Strawberry with Fruits,  
Almond & Raisin)

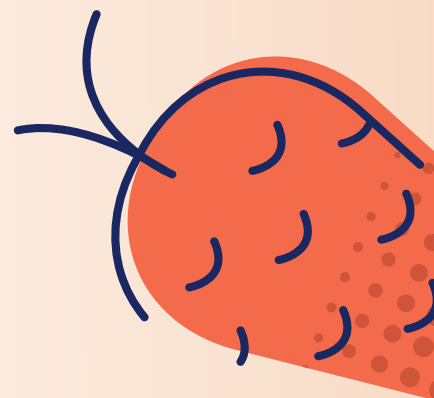
Rajma

Energy Bar (Mocha Hazelnut)

Cookie (Oats & Peanut Butter)

Porridge (Multi-Grain)

**SUNDAY**



# MY CHEAT DAYS

We have made sure that your InstaDiet meal plan is super easy to stick to but we realize there will be days when you simply can't, for example when you're on a holiday. However, to make sure you don't hinder your progress, you need to still be cautious about the calories you consume.

We get it, you're relaxing and having a good time, and counting each and every calorie is not something you want to do and that is okay. All you have to do is be a little mindful in terms of what you're choosing to eat and the portion sizes, and you'll continue to lose weight.

In fact, you can even take inspiration from your InstaDiet meals and eat in a similar fashion, like healthy and yummy muesli for breakfast, soups and dals for lunch, and delicious paneer or chicken gravies for dinner.

## How to eat out right?

Eating out is an integral part of our social lives and we don't want you to give up on those celebratory dinners and lunches. Just be a little smart with your orders, and you will stay right on track. Small steps like ordering a salad as a starter, opting for water over sodas and even choosing healthier dessert options can go a long way in helping you cultivate a healthy lifestyle.

### **Italian:**

Order the whole wheat or chickpea pasta with tomato-based sauces instead of the creamier ones. If choosing a pizza, go for something thin-crust, topped with lots of vegetables and protein.

### **Indian:**

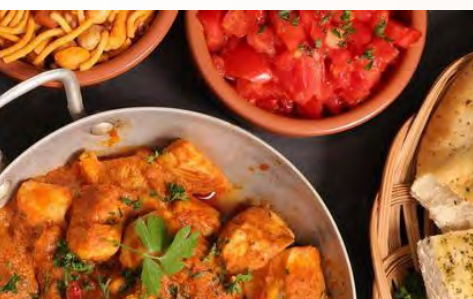
Indian cuisine has lots of healthy options for both, vegetarians and non-vegetarians. Try to stick to the plainer curries, dals and tandoori dishes as they don't include too much sauce or gravy. Opt for plain rice and roti, instead of naans and biryanis to save up some more calories.

### **Mexican:**

Choose tacos and fajitas and fill them up with vegetables and lean meats like chicken. Ditch that tortilla wrap in favour of a burrito bowl. Be careful with the high-calorie fillings like sour cream, guacamole and extra cheese and also keep an eye on your portion size.

### **Chinese:**

Chinese soups are yummy, light and good for health as they are made of clear broth. Fill up on those as a starter. Opt for dishes that are not deep-fried, like dumplings, vegetables and chicken, stir-fried vegetables, etc.



## Craving a dessert?

If you're really craving something sweet, try to give yourself a little bit of time after a meal before you order a dessert. If you still really want one, select a lighter dessert like a sorbet or a gelato, instead of ice cream. Go for fun-sized chocolates instead of their standard sizes, or even just pop in a protein cookie or energy bar to satisfy your sweet tooth. It's all about making better choices.

### Choose this

- Steamed
- Grilled
- Roasted
- Poached
- Baked
- Drizzled with
- On the Side

### Not that

- Fried
- Battered
- Crispy
- Creamy
- Loaded with
- King-size
- Jumbo



# DON'T GIVE UP!

It is quite easy to be consistent with InstaDiet.

However, don't be too hard on yourself in case you slip up. In fact, make sure you celebrate your journey when you're doing well. Rewarding yourself with non-food related things like a new dress, a spa day, or a trip with friends.

For support, turn to friends who are on a diet as well (even better if they are following an InstaDiet meal plan). You could also seek encouragement and advice on our Facebook page, as it can help you connect with people who are on similar journeys.

People don't lose weight in a uniform manner. Some weeks are more fruitful than others and that is completely normal. Don't lose sight of your progress if your weight loss doesn't go as per your expectation at a certain point. Instead, focus on the overall improvement. You can keep a diary to keep an eye on your long-term progress.

# JUST DO IT!



# HOW TO MAINTAIN THE WEIGHT LOSS?

You will learn a whole lot about the role of portion-control when you're following InstaDiet's meal plan. This practice, if adopted as a part of your lifestyle, will help you stay in shape and maintain that weight loss in the long run.

Once you reach your target weight, you have to make an effort to stay there. Use InstaDiet's calculator for a BMI profiling, as that will tell you your new daily calorie requirement for maintaining your current weight. You just have to make sure you don't exceed your daily allowance by being a bit careful about your eating habits, and you'll have nothing to worry about.

Don't worry about going all out or overeating once in a while as it won't derail all your hard work in any way. At the end of the day, maintaining an overall healthier lifestyle and being calorie aware is what will help you keep the weight off. Making better dietary choices and being active – that's all you have to do.

If you do put on a few kgs, however, getting back to your InstaDiet plan for a couple of weeks will get you right back to your healthy weight.

# GETTING ACTIVE IS SIMPLE!

**You will lose weight with InstaDiet regardless of whether you exercise or not. However, adding physical activity to your daily life has numerous health benefits.**

**Exercise helps lower the risk of heart diseases such as high cholesterol, coronary artery disease, and heart attack. It even lowers your blood sugar level and helps your insulin work better. Studies even suggest that exercise stimulates your body to release proteins and other chemicals that improve the structure and function of your brain. There is literally no downside to working out!**

## **Clean up:**

There's always some work waiting to be done at some corner of the house. Turn it from a chore into something fun by turning on some music and putting a little bit offbeat and effort. You'll burn off calories without even feeling like you're exercising.

## **Walk it off:**

People majorly underestimate the benefits of walking just because it doesn't feel like a vigorous workout. But increasing your steps you overall daily step count can be a big help in

burning extra calories. Just go for a stroll in the park, walk your dog or just walk to work - it doesn't have to be complicated at all.

### **Climb those stairs:**

Taking the stairs is one of the easiest, most cost-effective tactics to stay fit. They are literally everywhere! So instead of taking the lift or escalator, use the stairs at work, in the mall and even in the building you live in.

### **Garden away:**

Gardening involves more exertion than a lot of us realise. While gardening, you squat, lift, dig and also get a bunch of fresh air. In the end, it's all these little movements that impact your weight loss journey.

### **Better together:**

Journey is way more fun when friends and family are involved. It can be anything, like a match or game day with your family, or just going for jogging or cycling with your friends. Company can make a big difference, as it helps you stay motivated.

# THEY'VE DONE IT! WHY NOT YOU?

**Real-life success stories.**



## **Simran Nangia**

With InstaDiet, I got to eat the meals I loved, in a controlled and healthy way, and that made it really easy to stick to the diet plan. Plus, all their plans are amazingly customizable and convenient. They have a wide variety of options, and you have the freedom to choose all your meals and snacks for each day. Then they also deliver 28 days worth of food at once, so you have healthy meals at your fingertips. This diet helped me lose 13 Kgs in a span of 10 weeks, and I feel so much more confident, healthier, and happier now, and I would recommend InstaDiet to anyone and everyone who wants to lose weight.



## Utkarsh Tirkey

So, I ordered myself the 1-week plan, just to see if it was cut out for someone like me. At the end of one week, I could feel the difference. Not only was the food delicious, but it had kept my cravings in check. Plus, I had lost 1.5 kgs in just seven days!



# GOT QUESTIONS?

## FIND THE ANSWERS HERE!

### **I work night shifts. Will I be able to follow InstaDiet?**

InstaDiet focuses on what and how much you eat, and not when you eat. So you can easily plan your meals as per your schedule. Our meals come in small and handy packaging that you can carry anywhere. For more convenience, you can have an energy bar or a shake for your meal at work. It's super customizable.

### **How do I not give into my cravings?**

People mostly give into their cravings when they are at their hungriest and their rational mind stops working. So don't skip meals and develop the habit of first drinking water when you feel hungry, as our body sometimes gets confused between hunger and thirst. More importantly, get rid of all unhealthy trigger foods and stock up on healthy, low-calorie items. Also, make sure you never go shopping when you're hungry, as that is a sure-shot way for you to get derailed from your meal plan.

### **My weight-loss is stuck in one place. What can I do about it?**

You need to understand that weight loss is not uniform. When you eat fewer calories than you burn, you lose weight, but that weight loss can differ from week to week. Some weeks you will lose more weight than others. Keep a close eye on your calorie intake to make sure you're actually in a calorie deficit. In fact, the closer you get to your target weight, the stricter you will have to be with your diet. So don't lose hope. Just carry on.

# SOME EFFECTIVE TIPS TO LOSE WEIGHT

## **Look at the bigger picture:**

Weight loss is a process. It takes its own time and the pace and journey are different for every single individual. One should aim to make small and doable changes to their overall lifestyle in a way that they can be practised in the long term. A gradual weight loss is far better than a drastic and unhealthy one.

So keep an eye on the prize and focus on cultivating healthier habits.

## **Be active:**

It doesn't have to be anything too intense, but you have to make sure you move your body regularly. A sedentary lifestyle is a sure-shot way of gaining weight and developing unhealthy habits like binge eating.

So make sure you perform some form of exercise at home least 3 times a week. Find an activity you enjoy, and before you know it, it will seamlessly blend with your lifestyle.

## **Set realistic targets:**

It is easy to get ahead of yourself when you begin a journey. You are highly motivated and ready to take on the world. But patience is key when it comes to weight loss and it is imperative that you set small, achievable goals. When you set unrealistic targets and fail to achieve them, it can make you feel discouraged and demotivated. So, don't put too much pressure on yourself. As long as you're experiencing steady weight loss, you're good to go.

## **Do not give up:**

We are human and we make mistakes. No one is expecting you to be 100% perfect, and there is always the chance that you might slip up while on the diet. It happens to the best of us. But what is important here is that you have to pick yourself up, dust yourself off, and get right back on track. Just have faith in yourself and don't let those small mistakes ruin your entire journey.



# CALORIE CHART

<b>Fruits (100 grams)</b>	<b>Calorie Content</b>
Apple	56
Avocado Pear	190
Banana	95
Chikoo	94
Cherries	70
Dates	281
Grapes Black	45
Guava	66
Kiwi Fruit	45
Guava	66
Lychees	61
Mangoes	70
Orange	53
Orange juice (100 ml)	47
Papaya	32
Peach	50
Pears	51
Pineapple	46
Plums	56
Strawberries	77
Watermelon	26
Pomegranate	77
Watermelon	16

# CALORIE CHART

<b>Vegetable and Serving Size</b>	<b>Calorie Content</b>
Alfalfa sprouts, 1 Cup	10
Artichoke, 1 medium	150
Asparagus, 6 spears	22
Beets, ½ Cup	37
Broccoli, ½ Cup	12
Brussels sprouts, ½ Cup	30
Green cabbage, ½ Cup	9
Carrot, 1 medium	31
Cauliflower, ½ Cup	13
Celery, 1 stalk	6
Corn, ½ Cup	89
Cucumber, ½ Cup	7
Eggplant, ½ Cup	11
Green beans, ½ Cup	22
Romaine lettuce, ½ Cup	4
Mushrooms, ½ Cup	9
Onions, ½ Cup	30
Parsnips, ½ Cup	63
Peas, ½ Cup	62
Potato, 1 medium	161
Sweet pepper, ½ Cup	14
Radishes, 10 small	8
Spinach, ½ Cup	6
Summer squash, ½ Cup	13
Tomato, 1 medium	26

# CALORIE CHART

<b>Food</b>	<b>Serving</b>	<b>Calorie Content</b>
Almond Milk	1 cup (235 ml)	40 cal
Buttermilk	1 cup (254 ml)	157 cal
Coconut Milk	1 cup (240 ml)	552 cal
Coffee Creamer	1 tbsp (15 g)	29 cal
Cottage Cheese	1 cup (210 g)	206 cal
Cream	1 tbsp (15 g)	36 cal
Curd	1 cup (210 g)	206 cal
Goat Milk	1 cup (244 g)	168 cal
Lactose-free Milk	1 cup (250 ml)	130 cal
Lassi	1 glass (200 ml)	150 cal
Milk	1 cup (244 ml)	149 cal
PlainYogurt	1 container (227 g)	138 cal
Powdered Milk	1 cup (68 g)	337 cal
Semi-skimmed Milk	1 serving (250 ml)	125 cal
Skim Milk	1 cup (247 ml)	86 cal
Sour Cream	1 tbsp (12 g)	22 cal
Soy Milk	1 cup (243 ml)	109 cal
Whole Milk	1 cup (244 ml)	149 cal
Yogurt	1 container (227 g)	138 cal

# CALORIE CHART

<b>Beverage</b>	<b>Serving</b>	<b>Calorie Content</b>
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## **Beer**

Beer (light)	12 oz (355 ml)	103
Beer (regular)	12 oz (355 ml)	153
Beer (higher alcohol, craft beers)	12 oz (355 ml)	170 to 350

## **Distilled Alcohol**

Gin	1.5 oz (45 ml)	97
Rum	1.5 oz (45 ml)	197
Rum	1.5 oz (45 ml)	116
Vodka	1.5 oz (45 ml)	97
Vodka	1.5 oz (45 ml)	116
Whiskey	1.5 oz (45 ml)	97
Whiskey	1.5 oz (45 ml)	116

# CALORIE CHART

<b>Beverage</b>	<b>Serving</b>	<b>Calorie Content</b>
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## **Liqueurs**

Coffee liqueur	1.5 oz (45 ml)	160
Coffee liqueur with cream	1.5 oz (45 ml)	154
Crème de menthe	1.5 oz (45 ml)	186

## **Mixed Drinks**

Bloody Mary	4.6 oz (136 ml)	120
Chocolate martini	2.5 oz (74 ml)	4188
Cosmopolitan	2.75 oz (81 ml)	146
Daiquiri	2.7 oz (80 ml)	137
Highball	8 oz (235 ml)	110
Hot buttered rum	8 oz (235 ml)	292
Mai Tai	4.9 oz (145 ml)	306
Margarita	4 oz (120 ml)	168
Mimosa	4 oz (120 ml)	75
Mint Julep	4.5 oz (135 ml)	165

# CALORIE CHART

<b>Beverage</b>	<b>Serving</b>	<b>Calorie Content</b>
Mojito	6 oz (177 ml)	143
Pina colada	6.8 oz (200 ml)	526
Rum and Coke	8 oz (235 ml)	185
Rum and Diet Coke	8 oz (235 ml)	100
Tequila sunrise	6.8 oz (200 ml)	232
Vodka and tonic	7 oz (207 ml)	189
Whiskey sour	3 oz (89 ml)	125
White Russian	8 oz (235 ml)	568

## **Wine**

White table wine	5 oz (145 ml)	128
Gewurztraminer	5 oz (145 ml)	128
Muscat	5 oz (145 ml)	129
Riesling	5 oz (145 ml)	129
Chenin Blanc	5 oz (145 ml)	129
Chardonnay	5 oz (145 ml)	128
Sauvignon Blanc	5 oz (145 ml)	128
Fume Blanc	5 oz (145 ml)	128
Pinot Grigio	5 oz (145 ml)	128
Dry dessert wine	3.5 oz (90 ml)	157

# CALORIE CHART

<b>Beverage</b>	<b>Serving</b>	<b>Calorie Content</b>
Red table wine	5 oz (145 ml)	125
Petite Sirah	5 oz (145 ml)	125
Merlot	5 oz (145 ml)	122
Cabernet Sauvignon	5 oz (145 ml)	122
Red Zinfandel	5 oz (145 ml)	129
Burgundy	5 oz (145 ml)	122
Pinot Noir	5 oz (145 ml)	121
Claret	5 oz (145 ml)	122
Syrah	5 oz (145 ml)	122
Red dessert wine	3.5 oz (90 ml)	165

# BMI CALCULATOR

Body Mass Index is a standard way to check out one's weight and health. InstaDiet's website consists of a BMI calculator, but you can also use the following BMI table. A healthy BMI falls between 18.5 and 25, illustrated in green in the table below.

BMI Table (For reference)

		BMI Chart																							
WEIGHT lbs		100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215
kgs		45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7
HEIGHT in/cm		Underweight				Healthy				Overweight				Obese				Extremely obese							
5'0" - 152.4		19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5'1" - 154.9		18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40
5'2" - 157.4		18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39
5'3" - 160.0		17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38
5'4" - 162.5		17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37
5'5" - 165.1		16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35
5'6" - 167.6		16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34
5'7" - 170.1		15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33
5'8" - 172.7		15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32
5'9" - 175.2		14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31
5'10" - 177.8		14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30
5'11" - 180.3		14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30
6'0" - 182.8		13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29
6'1" - 185.4		13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28
6'2" - 187.9		12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27
6'3" - 190.5		12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26
6'4" - 193.0		12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26



# FOOD DIARY

Weight Loss becomes way more organized and eye-opening when you get into the habit of recording what you eat.

Here is an example that could help you!

## Progress Tracker

DATE	WEIGHT	CHEST	WAIST	HIPS	THIGHS	ARMS

Track your progress by recording any measurement that is important to you, just as shown in the table below.