

## **BEGINNER'S DIET PLAN**

Monday :-

Breakfast :

- 1) One fruit
- 2) Two boiled eggs
- 3) 2 slices of multigrain bread with butter
- 4) One cup skimmed milk
- 5) One cup black coffee or green tea

Snack:

- 1) One cup plain yoghurt with honey
- 2) One banana
- 3) One glass of water

Lunch:

- 1) Chicken curry or vegetables with 2 bhakris (nachni, jowar, bajra)
- 2) One bowl of salad
- 3) Glass of water

Snack:

- 1) One cup carrot slices
- 2) Two slices of bread with Peanut butter

Dinner:

- 1) Vegetable soup
- 2) One bowl of sauteed vegetables
- 3) One cup of brown rice
- 4) One tiny piece of dark chocolate for those who have a sweet tooth

Tuesday :-

Breakfast :

- 1) One peanut butter or almond butter sandwich
- 2) One cup skimmed milk
- 3) One cup of black coffee or green tea

Snack :

- 1) Two oatmeal cookies with raisins
- 2) One glass of water

Lunch:

- 1) Two roasted fishes
- 2) One bowl of brown rice
- 3) One bowl of salad

Snack :

- 1) One cup of grapes
- 2) One cup of green tea

Dinner:

- 1) One cup cooked spinach
- 2) One bowl of cooked dal with brown rice or roti
- 3) One bowl of curd

Wednesday :-

Breakfast:

- 1) Two oranges
- 2) Two sausages with multigrain bread/Two slices of multigrain bread with butter (toasted)
- 3) One cup of skimmed milk
- 4) One cup of black coffee or green tea

Snack :

- 1) One fresh pear/guava
- 2) One bowl of dry fruits
- 3) One glass of water

Lunch:

- 1) One bowl of dal with brown rice
- 2) One bowl of sauteed vegetables
- 3) One glass of water

Snack:

1) One cheese sandwich (multigrain bread)

2) One apple

Dinner:

1) One bowl of sprouts

2) Palak paneer with Indian bread as per choice

Thursday:-

Breakfast:

1) One cup of coffee or tea

2) One fruit

3) One slice of multigrain bread with spread as per choice

Snack:

1) One bowl of grapes

2) One glass of water

Lunch:

1) One bowl of pumpkin dal with brown rice

2) One bowl of cucumber raita

3) One glass of water

Snack:

1) One bowl of bhel with sprouts

2) One glass of water

Dinner:

1) One plate of chicken tikka or paneer tikka

2) One bowl of salad

Friday :-

Breakfast:

1) One cup of dry fruits

2) One cup of green tea or black coffee

3) One bowl of masala oats

4) One cup of fruit juice

Snack:

1) One bowl of sprouts

2) One glass of green tea

Lunch:

1) One keto burger (recipe on our app)

2) One small bowl of baked beans

3) One glass of water

Snack:

1) One apple

2) One glass of skimmed milk

Dinner:

1) One bowl of brown rice

2) One bowl of chicken or veg curry

3) One bowl of salad

Saturday:-

Breakfast:

1) Two boiled eggs

2) One bowl of corn flakes with skimmed milk

3) One banana

4) One cup of black coffee or green tea

Snack:

1) One cup of flavoured yogurt

2) One bowl of mixed fruits

3) Glass of water

Lunch:

1) One bowl of pasta

2) One bowl of garden salad (recipe on our app)

3) One glass of water

Snack:

- 1) One bowl of roasted paneer
- 2) One fruit
- 3) One glass of water

Dinner:

- 1) One bowl of dal with brown rice
- 2) One bowl of cucumber raita
- 3) One bowl of sprout salad

Sunday:-

Breakfast:

- 1) Two sandwiches as per choice
- 2) One coconut water
- 3) One cup of black coffee or green tea

Snack:

- 1) One cup of dry fruits
- 2) One bowl of flavoured yogurt
- 3) One bowl of fruit salad

Lunch:

- 1) One bowl of chicken/paneer/vegetable/fish/mutton curry
- 2) One bowl of dal

3) One bowl of brown rice or bhakri (nachni, bajra, jowar)

Snack:

1) One bowl of dry fruits

2) One cup tea or coffee

Dinner:

1) One bowl of cucumber raita

2) One bowl of sauteed vegetables

3) One glass of sparkling water with a slice of lemon