

Healthy Diet Clinic

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Notes: *DETOX WATER : 1 ½ inc of ginger slice + 1 lemon in sliced form + mint leaves (soak it all in glass jar in 1 lit water for whole night) consume it with in 2hrs. * 8 glass of water every single day (preferably Luke warm water) * 30 min walk every day * 15 min walk after lunch and dinner * Consume your meals in peaceful environment(not in haze)

Monday

START YOUR DAY | 06:00 AM

* FENNEL SEEDS WATER : soak 1 tsp fennel seeds in one glass of water for whole night. Warm it and take sips .(if possible chew fennel seeds)

Post morning drink | 07:30 AM

* 4 almonds + 1 fig +10 gm. raisins (all soaked for whole night)

Meal 1 | 09:00 AM

1. 1 tsp chia seeds soaked for(1/2 n hrs.) in one glass of water : 150 ml

2. oats upma : 1 katori

Meal 2 | 11:00 AM

1. Musk melon, yellow flesh/Kharbooja, yellow flesh : 100 gm

pre lunch | 12:00 PM

* GINGER WATER : BOIL ½ inc of ginger slice in one glass of water and consume

Meal 3 | 01:00 PM

1. Kakadi + cucumber + onion with roasted sesame seeds (1tsp) : 0 bowl

2. Jowar Roti : 2 nos

3. CHILKE WALI MOONG DAL : 1 Katori

POST LUNCH | 02:00 PM

1. GREEN TEA : 1 Unit

Meal 4 | 04:30 PM

--Select--

1. *2 TSP CURD DILUTED LASSI BIG GLASS ADD 1 TBSP JAUN SATTU(NO STEVIA) : 1 Unit

pre dinner | 06:00 PM

* GINGER WATER : BOIL ½ inc of ginger slice in one glass of water and consume

Meal 5 | 07:00 PM

--Select--

1. Cucumber, green, elongate : 100 gm

2. TURAI SABZI : 1 Katori

3. Jowar Roti : 2 nos

POST DINNEN | 08:00 PM

1. GREEN TEA : 1 Unit

Tuesday

START YOUR DAY | 06:00 AM

* FENNEL SEEDS WATER : soak 1 tsp fennel seeds in one glass of water for whole night. Warm it and take sips .(if possible chew fennel seeds)

Post morning drink | 07:30 AM

* 4 almonds + 1 fig +10 gm. raisins (all soaked for whole night)

Meal 1 | 09:00 AM

1. 1 tsp chia seeds soaked for(1/2 n hrs.) in one glass of water : 150 ml
2. VEGETABLE OATS UTTAPAM : 1 Piece

Meal 2 | 11:00 AM

1. Water melon, dark green/Tarbooj, dark green : 250 gm

pre lunch | 12:00 PM

* GINGER WATER : BOIL ½ inc of ginger slice in one glass of water and consume

Meal 3 | 01:00 PM

1. Kakadi + cucumber + onion with roasted sesame seeds (1tsp) : 0 bowl
2. FLAXSEED OATS RAITA : 1 Katori
3. YELLOW DAL : 1 Katori
4. PLAIN RICE : 1 Katori

POST LUNCH | 02:00 PM

1. GREEN TEA : 1 Unit

Meal 4 | 04:30 PM

--Select--

1. Walnut / Akhrot : 50 gm

pre dinner | 06:00 PM

* GINGER WATER : BOIL ½ inc of ginger slice in one glass of water and consume

Meal 5 | 07:00 PM

--Select--

1. Banana Oats Smoothie : 1 glass

POST DINNEN | 08:00 PM

1. GREEN TEA : 1 Unit

Wednesday**START YOUR DAY | 06:00 AM**

* FENNEL SEEDS WATER : soak 1 tsp fennel seeds in one glass of water for whole night. Warm it and take sips .(if possible chew fennel seeds)

Post morning drink | 07:30 AM

* 4 almonds + 1 fig +10 gm. raisins (all soaked for whole night)

Meal 1 | 09:00 AM

1. peanut butter sandwich : 1 piece
2. 1 tsp chia seeds soaked for(1/2 n hrs.) in one glass of water : 150 ml

Meal 2 | 11:00 AM

1. Phalsa : 100 gm

pre lunch | 12:00 PM

* GINGER WATER : BOIL ½ inc of ginger slice in one glass of water and consume

Meal 3 | 01:00 PM

1. Kakadi + cucumber + onion with roasted sesame seeds (1tsp) +flaxseed+ pumpkin seeds : 1 bowl
2. TUR DAL : 1 Katori

POST LUNCH | 02:00 PM

1. GREEN TEA : 1 Unit

Meal 4 | 04:30 PM

--Select--

1. butter milk : 1 glass

pre dinner | 06:00 PM

* GINGER WATER : BOIL ½ inc of ginger slice in one glass of water and consume

Meal 5 | 07:00 PM

--Select--

1. Chickpeas Salad : 1 bowl
2. QUINOA SALAD : 1 BOWL

POST DINNEN | 08:00 PM

1. GREEN TEA : 1 Unit

Thursday

START YOUR DAY | 06:00 AM

* FENNEL SEEDS WATER : soak 1 tsp fennel seeds in one glass of water for whole night. Warm it and take sips .(if possible chew fennel seeds)

Post morning drink | 07:30 AM

* 4 almonds + 1 fig +10 gm. raisins (all soaked for whole night)

Meal 1 | 09:00 AM

1. 1 tsp chia seeds soaked for(1/2 n hrs.) in one glass of water : 150 ml
2. masala oats : 1 katori

Meal 2 | 11:00 AM

1. Musk melon, yellow flesh/Kharbooja, yellow flesh : 250 gm

pre lunch | 12:00 PM

* GINGER WATER : BOIL ½ inc of ginger slice in one glass of water and consume it twice a day.

Meal 3 | 01:00 PM

1. SAUTED VEGETABLE SALAD : 1 BOWL
2. MOONG CHILKA DAL : 1 Katori
3. Jowar Roti : 1 nos

POST LUNCH | 02:00 PM

1. GREEN TEA : 1 Unit

Meal 4 | 04:30 PM

--Select--

1. Roasted makhana : 1 cup

pre dinner | 06:00 PM

* GINGER WATER : BOIL ½ inc of ginger slice in one glass of water and consume it twice a day.

Meal 5 | 07:00 PM

--Select--

1. LAUKI SABZI : 1 Katori
2. plain rice : 1 katori
3. Kakadi + cucumber + onion with roasted sesame seeds (1tsp) +flaxseed+ pumpkin seeds : 1 bowl

POST DINNEN | 08:00 PM

1. GREEN TEA : 1 Unit

Friday

START YOUR DAY | 06:00 AM

* FENNEL SEEDS WATER : soak 1 tsp fennel seeds in one glass of water for whole night. Warm it and take sips .(if possible chew fennel seeds)

Post morning drink | 07:30 AM

* 4 almonds + 1 fig +10 gm. raisins (all soaked for whole night)

Meal 1 | 09:00 AM

1. 1 tsp chia seeds soaked for(1/2 n hrs.) in one glass of water : 150 ml
2. BESAN PANEER SABZI CHEELA : 1 Piece

Meal 2 | 11:00 AM

1. Water melon, dark green/Tarbooj, dark green : 100 gm

pre lunch | 12:00 PM

* GINGER WATER : BOIL ½ inc of ginger slice in one glass of water and consume

Meal 3 | 01:00 PM

1. Besan kadhi : 1 bowl
2. plain rice : 1 katori
3. Kakadi + cucumber + onion with roasted sesame seeds (1tsp) +flaxseed+ pumpkin seeds : 1 bowl

POST LUNCH | 02:00 PM

1. GREEN TEA : 1 Unit

Meal 4 | 04:30 PM

--Select--

1. Walnut / Akhrot : 100 gm

pre dinner | 06:00 PM

* GINGER WATER : BOIL ½ inc of ginger slice in one glass of water and consume

Meal 5 | 07:00 PM

--Select--

1. RED KIDNEY BEANS SALAD : 1 BOWL

POST DINNEN | 08:00 PM

1. GREEN TEA : 1 Unit

Saturday**START YOUR DAY | 06:00 AM**

* FENNEL SEEDS WATER : soak 1 tsp fennel seeds in one glass of water for whole night. Warm it and take sips .(if possible chew fennel seeds)

Post morning drink | 07:30 AM

* 4 almonds + 1 fig +10 gm. raisins (all soaked for whole night)

Meal 1 | 09:00 AM

1. 1 tsp chia seeds soaked for(1/2 n hrs.) in one glass of water : 150 ml
2. oats poha : 1 katori

Meal 2 | 11:00 AM

1. Phalsa : 100 gm

pre lunch | 12:00 PM

* GINGER WATER : BOIL ½ inc of ginger slice in one glass of water and consume i

Meal 3 | 01:00 PM

1. vegetable khichdi : 1 katori
2. Cucumber, green, elongate : 100 gm

POST LUNCH | 02:00 PM**Meal 4 | 04:30 PM**

--Select--

1. "2 TSP CURD DILUTED LASSI BIG GLASS ADD 1 TBSP JAUN SATTU(NO STEVIA) : 1 Unit

pre dinner | 06:00 PM

* GINGER WATER : BOIL ½ inc of ginger slice in one glass of water and consume i

Meal 5 | 07:00 PM

--Select--

1. bhindi masala : 100 gm
2. Jowar Roti : 2 nos
3. Kakadi + cucumber + onion with roasted sesame seeds (1tsp) +flaxseed+ pumpkin seeds : 1 bowl

POST DINNEN | 08:00 PM

1. GREEN TEA : 1 Unit

Sunday

start your day | 06:00 AM

* FENNEL SEEDS WATER : soak 1 tsp fennel seeds in one glass of water for whole night. Warm it and take sips .(if possible chew fennel seeds)

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