

## Healthy Diet Clinic

Phone: 9450541826

Email: tanvi.bajpai17@gmail.com



**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

\*CORIENDER WATER : soak 1 tsp o coriander seeds in one glass of water for whole night. Warm it and take sips .

#### Post morning drink | 07:30 AM

\* 2 almonds + 1 fig +10 gm. raisins ( all soaked for whole night) \* 2 dates

#### Meal 1 | 09:00 AM

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

#### Meal 2 | 11:00 AM

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

#### pre lunch | 12:00 PM

\* GINGER WATER

#### Meal 3 | 01:00 PM

1. Cucumber, green, short : 100 gm
2. Onion, small : 50 gm
3. Kakadi : -1 unit
4. YELLOW DAL : 1 Katori
5. Jowar Roti : 2 nos

#### POST LUNCH | 02:00 PM

1. GREEN TEA : 1 Unit

#### Meal 4 | 04:30 PM

--Select--

1. Roasted makhana : 1 cup
2. Walnut / Akhrot : 10 gm

#### pre dinner | 06:30 PM

\* GINGER WATER

#### Meal 5 | 07:00 PM

--Select--

1. OATS KHICHDI : 1 Katori
2. KAKRI SALAD+CUCUMBER -GREEN CORIANDER JUICE : 1 Unit

#### POST DINNEN | 08:00 PM

### Tuesday

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

\*CORIENDER WATER : soak 1 tsp o coriander seeds in one glass of water for whole night. Warm it and take sips .

**Post morning drink | 07:30 AM**

\* 2 almonds + 1 fig +10 gm. raisins ( all soaked for whole night) \* 2 dates

**Meal 1 | 09:00 AM**

1. RAGI UTTAPAM : 1 Unit

**Meal 2 | 11:00 AM**

1. Mango, ripe, paheri/Aam, ripe, paheri : 100 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. VEGETABLE SALAD : 1 BOWL
2. MOONG DAL : 1 Unit
3. JAUN ROTI OR RAGI JOWAR ROTI OR OATS ROTI : 1 Unit

**POST LUNCH | 02:00 PM**

1. GREEN TEA : 1 Unit

**Meal 4 | 04:30 PM**

--Select--

1. Roasted chana : 1 handfull
2. AAM PANNA : 1 Unit

**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. Musk melon, yellow flesh/Kharbooja, yellow flesh : 250 gm
2. LAUKI SABZI : 1 Katori
3. plain rice : 1 katori

**POST DINNNER | 08:00 PM****Wednesday****START YOUR DAY | 06:00 AM**

\*CORIENDER WATER : soak 1 tsp o coriander seeds in one glass of water for whole night. Warm it and take sips .

**Post morning drink | 07:30 AM**

\* 2 almonds + 1 fig +10 gm. raisins ( all soaked for whole night) \* 2 dates

**Meal 1 | 09:00 AM**

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

**Meal 2 | 11:00 AM**

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

**pre lunch | 12:00 PM**

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

**Meal 3 | 01:00 PM**

1. Kakadi : -1 unit
2. Cucumber, green, elongate : 100 gm
3. YELLOW DAL : 1 Katori
4. JOWAR OATS ROTI : 1 Piece

**POST LUNCH | 02:00 PM**

1. GREEN TEA : 1 Unit

**Meal 4 | 04:30 PM**

--Select--

1. Walnut / Akhrot : 10 gm

2. "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 it .

**Meal 5 | 07:00 PM**

--Select--

1. WHITE CHICKPEAS SALAD : 1 BOWL

**POST DINNEN | 08:00 PM**

**Thursday**

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

\*CORIENDER WATER : soak 1 tsp o coriander seeds in one glass of water for whole night. Warm it and take sips .

**Post morning drink | 07:30 AM**

\* 2 almonds + 1 fig +10 gm. raisins ( all soaked for whole night) \* 2 dates

**Meal 1 | 09:00 AM**

1. oats upma : 1 katori

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

**Meal 2 | 11:00 AM**

1. Pineapple/Ananas : 100 gm

**pre lunch | 12:00 PM**

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

**Meal 3 | 01:00 PM**

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

2. Mix Dal Masala Khichdi : 1 bowl

**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

**Meal 5 | 07:00 PM**

--Select--

1. TURAI SABZI : 1 Katori

2. Oats Roti : 1 unit

3. Cucumber, green, elongate : 100 gm

**POST DINNEN | 08:00 PM**

--Select--

1. GREEN TEA : 1 Unit

**Friday**

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

\*CORIENDER WATER : soak 1 tsp o coriander seeds in one glass of water for whole night. Warm it and take sips

**Post morning drink | 07:30 AM**

\* 2 almonds + 1 fig +10 gm. raisins ( all soaked for whole night) \* 2 dates

**Meal 1 | 09:00 AM**

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

2. Sprouts Chat : 1 bowl

#### Meal 2 | 11:00 AM

1. Apple, small, Kashmir/Seb, small, kashmir : 100 gm

#### pre lunch | 12:00 PM

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

#### Meal 3 | 01:00 PM

1. Cucumber, green, elongate : 100 gm

2. Onion, small : 100 gm

3. CHANA DAL RICE : 1 Katori

#### 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

#### 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

\*CORIENDER WATER : soak 1 tsp o coriander seeds in one glass of water for whole night. Warm it and take sips .

#### Post morning drink | 07:30 AM

\* 2 almonds + 1 fig +10 gm. raisins ( all soaked for whole night) \* 2 dates

#### 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 CHEELA(NO OIL)WITH MINT CHUTNEY OR CURD : 1 Unit

#### 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 it

#### Meal 3 | 01:00 PM

1. VEGETABLE KHICHDI : 1 BOWL

2. KAKRI SALAD+CUCUMBER -GREEN CORIANDER JUICE : 1 Unit

#### 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

2. Walnut / Akhrot : 100 gm

#### pre dinner | 06:00 PM

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

**Meal 5 | 07:00 PM**  
--Select--

1. Cucumber, green, elongate : 100 gm
2. crispy bhindi : 100 gm
3. Oats Roti : 1 unit

**POST DINNER | 08:00 PM**

1. GREEN TEA LEMON : 1 Unit

**Sunday**

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

\*CORIENDER WATER : soak 1 tsp o coriander seeds in one glass of water for whole night. Warm it and take sips

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Healthy Diet Clinic,, J 12/16 I, Baulia Bagh Ramkatora, Varanasi - 221001, Uttar Pradesh, India  
Email: tanvi.bajpai17@gmail.com