

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. * 12 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..(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. WATER MELON MINT JUICE : 1 glass

Meal 2 | 11:00 AM

1. Phalsa : 100 gm

Meal 3 | 01:00 PM

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

2. Green gram dal / Moong Dal : 100 gm

3. Jowar Roti : 2 nos

Meal 4 | 04:30 PM

--Select--

1. Walnut / Akhrot : 50 gm

2. GREEN TEA : 1 Unit

Meal 5 | 07:30 PM

--Select--

1. WATER MELON MINT JUICE : 1 glass

POST DINNER | 10:00 PM

* DRINK THIS BEFORE SLEEP : 1 cucumber, ½ ginger , 1 lemon ,1 cup water , honey (optional for taste)

Tuesday

START YOUR DAY | 06:00 AM

* FENNEL SEEDS WATER : soak 1 tsp fennel seeds in one glass of water for whole night.(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. WATER MELON MINT JUICE : 1 glass

Meal 2 | 11:00 AM

1. Phalsa : 100 gm

Meal 3 | 01:00 PM

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

2. TURAI SABZI : 1 Katori

3. Jowar Roti : 2 nos

Meal 4 | 04:30 PM

--Select--

1. GREEN TEA : 1 Unit

Meal 5 | 07:30 PM

--Select--

1. WATER MELON MINT JUICE : 1 glass

POST DINNEN | 10:00 PM

• DRINK THIS BEFORE SLEEP : 1 cucumber, ½ ginger , 1 lemon ,1 cup water , honey (optional for taste)

Wednesday

START YOUR DAY | 06:00 AM

* FENNEL SEEDS WATER : soak 1 tsp fennel seeds in one glass of water for whole night.(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. WATER MELON MINT JUICE : 1 glass

Meal 2 | 11:00 AM

1. Phalsa : 100 gm

Meal 3 | 01:00 PM

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

2. Jowar Roti : 2 nos

3. LAUKI SABZI : 1 Katori

Meal 4 | 04:30 PM

--Select--

1. GREEN TEA LEMON : 1 Unit

2. Roasted makhana : 1 cup

Meal 5 | 07:30 PM

--Select--

1. WATER MELON MINT JUICE : 1 glass

POST DINNEN | 10:00 PM

• DRINK THIS BEFORE SLEEP : 1 cucumber, ½ ginger , 1 lemon ,1 cup water , honey (optional for taste)

Thursday

START YOUR DAY | 06:00 AM

* FENNEL SEEDS WATER : soak 1 tsp fennel seeds in one glass of water for whole night.(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. WATER MELON MINT JUICE : 1 glass

Meal 2 | 11:00 AM

1. Phalsa : 100 gm

Meal 3 | 01:00 PM

1. YELLOW DAL : 1 Katori

2. plain rice : 1 katori

3. Kakadi + cucumber + onion with roasted sesame seeds (1tsp) +flaxseed+ pumpkin seeds : 1 bowl

Meal 4 | 04:30 PM
--Select--

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

Meal 5 | 07:30 PM
--Select--

1. WATER MELON MINT JUICE : 1 glass

POST DINNER | 10:00 PM

• DRINK THIS BEFORE SLEEP : 1 cucumber, ½ ginger , 1 lemon ,1 cup water , honey (optional for taste)

Friday

START YOUR DAY | 06:00 AM

* FENNEL SEEDS WATER : soak 1 tsp fennel seeds in one glass of water for whole night.(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. WATER MELON MINT JUICE : 1 glass

Meal 2 | 11:00 AM

1. Phalsa : 100 gm

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

Meal 4 | 04:30 PM
--Select--

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

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

1. WATER MELON MINT JUICE : 1 glass

POST DINNER | 10:00 PM

• DRINK THIS BEFORE SLEEP : 1 cucumber, ½ ginger , 1 lemon ,1 cup water , honey (optional for taste)

Saturday

START YOUR DAY | 06:00 AM

* FENNEL SEEDS WATER : soak 1 tsp fennel seeds in one glass of water for whole night.(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. WATER MELON MINT JUICE : 1 glass

Meal 2 | 11:00 AM

1. Phalsa : 100 gm

Meal 3 | 01:00 PM

1. bhindi masala : 100 gm

2. Jowar Roti : 2 nos

3. Kakadi + cucumber + onion with roasted sesame seeds (1tsp) +flaxseed+ pumpkin seeds : 1 bowl

Meal 4 | 04:30 PM
--Select--

1. AAM PANNA : 1 Unit

Meal 5 | 07:30 PM
--Select--

1. WATER MELON MINT JUICE : 1 glass

POST DINNER | 10:00 PM

• DRINK THIS BEFORE SLEEP : 1 cucumber, ½ ginger , 1 lemon ,1 cup water , honey (optional for taste) •

Sunday

START YOUR DAY | 06:00 AM

* FENNEL SEEDS WATER : soak 1 tsp fennel seeds in one glass of water for whole night.(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. WATER MELON MINT JUICE : 1 glass

Meal 2 | 11:00 AM

1. Phalsa : 100 gm

Meal 3 | 01:00 PM

1. Green gram dal / Moong Dal : 100 gm

2. Jowar Roti : 2 nos

3. Kakadi + cucumber + onion with roasted sesame seeds (1tsp) +flaxseed+ pumpkin seeds : 1 bowl

Meal 4 | 04:30 PM

--Select--

1. AAM PANNA : 1 Unit

Meal 5 | 07:30 PM

--Select--

1. WATER MELON MINT JUICE : 1 glass

POST DINNER | 10:00 PM

• DRINK THIS BEFORE SLEEP : 1 cucumber, ½ ginger , 1 lemon ,1 cup water , honey (optional for taste)