

Healthy Diet Clinic

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Notes: None

Monday

start your day | 06:30 AM

min 8 glass of water a day * 15 min walk after lunch n dinner * Monday detox water (finish it in 3hrs) recipe: take a glass jar add 2 lit water+ 2 tsp chia seeds+ 1/2 Inc of kacchi haldi soak it for whole night * Every morning after 30 of your morning drink take 2 dates+ 2 almond+ 2 fig (all soaked) * Chew food nicely.

Meal 1 | 09:00 AM

1. poha : 1 katori
2. MILK DOUBLED TONNED OR SKIMMED : 1 Unit

Meal 2 | 11:00 AM

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

Meal 3 | 01:00 PM

1. VEGETABLE SALAD : 1 BOWL
2. YELLOW DAL : 2 Katori
3. nachni bhakri : 2 unit

POST LUNCH | 02:00 PM

GREEN TEA ONE CUP

evening snacks | 04:00 PM

1. Roasted makhana : 1 cup

Meal 4 | 07:00 PM

--Select--

1. Cucumber, green, short : 100 gm
2. Masala Oats : 2 bowl

Meal 5 | 08:00 PM

--Select--

1. GREEN TEA : 1 Unit

Tuesday

start your day | 06:30 AM

Jeera water (soaked 1/2 tsp of zeera in one glass of water whole night) warm it + 1 pinch of black pepper powder. (sip it) if possible you can chew jeera.

Meal 1 | 09:00 AM

1. cornflakes with milk : 1 katori

Meal 2 | 11:00 AM

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

Meal 3 | 01:00 PM

1. dal rice : 1 katori

2. cucumber Curd Raita : 1 bowl

3. TOMATO CUCUMBER SALAD : 1 Unit

POST LUNCH | 02:00 PM

Meal 4 | 04:00 PM

--Select--

1. Roasted chana : 1 handfull

Meal 5 | 07:00 PM

--Select--

1. Cucumber, green, elongate : 100 gm

2. nachni bhakri : 2 unit

3. LAUKI SABZI : 1 Katori

POST DINNNER | 08:00 PM

1. GREEN TEA : 1 Unit

Wednesday

start your day | 06:00 AM

Jeera water (soaked 1/2 tsp of zeera in one glass of water whole night) warm it + 1 pinch of black pepper powder. (sip it) if possible you can chew jeera.

Meal 1 | 09:00 AM

1. MILK BANANA OATS : 1 Katori

Meal 2 | 11:00 AM

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

Meal 3 | 01:00 PM

1. ONION WITH CURD* : 1 Unit

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

3. STEAMED DAHI BHALLE OR MOONG DAL CHEELA OR CURD BROWN RICE OR SUGARFREE ICE CREAM : 1 Unit

4. JAUN ROTI OR RAGI JOWAR ROTI OR OATS ROTI : 1 Unit

POST LUNCH | 02:00 PM

1. GREEN TEA : 1 Unit

evening snacks | 04:30 PM

1. Roasted makhana : 1 cup

Meal 4 | 07:00 PM

--Select--

1. Cucumber, green, elongate : 100 gm

2. TURAI SABZI : 1 Katori

3. Jowar roti : 1 ROTI

POST DINNNER | 08:00 PM

Thursday

start your day | 06:30 AM

Jeera water (soaked 1/2 tsp of zeera in one glass of water whole night) warm it + 1 pinch of black pepper powder. (sip it) if possible you can chew jeera.

Meal 1 | 09:00 AM

1. MILK DOUBLE TONED OR SKIMMED : 1 Unit

2. SUJI UTTAPAM : 1 Unit

Meal 2 | 11:00 AM

1. Mango, ripe, paheri/Aam, ripe, paheri : 100 gm

Meal 3 | 01:00 PM

1. SAUTED VEGETABLE SALAD : 1 BOWL
2. YELLOW DAL SPINACH TADKA : 1 Katori
3. plain rice : 1 katori

POST LUNCH | 02:00 PM

1. GREEN TEA LEMON : 1 Unit

Meal 4 | 04:00 PM

--Select--

1. ROASTED PUFFED RICE : 1 Katori

Meal 5 | 07:00 PM

--Select--

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

POST DINNER | 08:00 PM

1. GREEN TEA : 1 Unit

Friday

start your day | 06:30 AM

Jeera water (soaked 1/2 tsp of jeera in one glass of water whole night) warm it + 1 pinch of black pepper powder. (sip it) if possible you can chew jeera.

Meal 1 | 09:00 AM

1. Poha : 1 cup
2. MILK DOUBLE TONED OR SKIMMED : 1 Unit

Meal 2 | 11:00 AM

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

Meal 3 | 01:00 PM

1. Cucumber, green, short : 100 gm
2. Oats Roti : 1 unit
3. YELLOW DAL : 1 Katori

POST LUNCH | 02:00 PM

1. GREEN TEA : 1 Unit

Meal 4 | 04:00 PM

--Select--

1. Roasted chana : 1 handfull

Meal 5 | 07:00 PM

--Select--

1. Cucumber, green, elongate : 100 gm
2. OATS KHICHDI : 1 Katori

POST DINNER | 08:00 PM

1. GREEN TEA : 1 Unit

Saturday

start your day | 06:30 AM

Jeera water (soaked 1/2 tsp of jeera in one glass of water whole night) warm it + 1 pinch of black pepper powder. (sip it) if possible you can chew jeera.

Meal 1 | 09:00 AM

1. BESAN CHEELA(NO OIL)WITH MINT CHUTNEY OR CURD : 1 Unit
2. butter milk : 1 glass

Meal 2 | 11:00 AM

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

Meal 3 | 01:00 PM

1. cucumber Curd Raita : 1 bowl
2. RAJMA AND RICE : 1 Units

POST LUNCH | 02:00 PM

1. GREEN TEA : 1 Unit

Meal 4 | 06:00 PM

1. Roasted chana : 1 handfull

Meal 5 | 07:00 PM

--Select--

1. TURAI SABZI : 1 Katori
2. Oats Roti : 1 unit
3. Cucumber, green, elongate : 100 gm

POST DINNNER | 08:00 PM**Sunday****start your day | 06:30 AM**

Jeera water (soaked 1/2 tsp of zeera in one glass of water whole night) warm it + 1 pinch of black pepper powder. (sip it) if possible you can chew jeera.