

## 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/ normal water) \* 30 min walk every day \* 15 min walk after lunch and dinner \* Consume your meals in peaceful environment( not in haze ) \*Change your serving plate size from regular one to smaller size. \*Include yoga or exercise for 30 min daily.

### Monday

#### Meal 1 | 09:00 AM

1. Spinach / methi Ragi Chilla : 2 unit
2. GREEN CHUTNEY ( MINT + RAW MANGO+) : 1 tb

#### Meal 2 | 11:00 AM

1. Black berry/Jamun : 100 gm

#### Meal 3 | 01:00 PM

1. Kakadi + cucumber + onion with roasted sesame seeds (1tsp) +flaxseed+ pumpkin seeds : 1 bowl
2. CURD OR MINT CHUTNEY : 1 Unit
3. YELLOW DAL : 1 Katori
4. nachni bhakri : 1 unit

#### Meal 4 | 04:00 PM

1. Roasted chana : 1 handfull
2. GREEN TEA : 1 Unit

#### Meal 5 | 08:00 PM

1. CUCUMBER SALAD (BLACK PEPPER AND LEMMONCUCUMBER SALAD) : 1 Unit
2. Field beans tender, lean : 100 gm
3. OATS ROTI + SEASONAL VEG : 1 Unit

### Tuesday

#### Meal 1 | 09:00 AM

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

#### Meal 2 | 11:00 AM

1. Papaya, ripe/Papita : 100 gm
2. butter milk : 1 glass

#### Meal 3 | 01:00 PM

1. CURD OR MINT CHUTNEY : 1 Unit
2. nachni bhakri : 1 unit

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

4. YELLOW DAL : 1 Katori

#### Meal 4 | 04:00 PM

1. Roasted chana : 1 handfull

2. GREEN TEA : 1 Unit

#### Meal 5 | 08:00 PM

1. CUCUMBER SALAD (BLACK PEPPER AND LEMMONCUCUMBER SALAD) : 1 Unit

2. Field beans tender, lean : 100 gm

3. OATS ROTI + SEASONAL VEG : 1 Unit

### Wednesday

#### Meal 1 | 09:00 AM

1. Uttapam (Plain) : 1 unit

#### Meal 2 | 11:00 AM

1. Black berry/Jamun : 100 gm

#### Meal 3 | 01:00 PM

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

2. SAUTED PANEER : 1 Katori

3. nachni bhakri : 2 unit

#### Meal 4 | 04:00 PM

1. Roasted chana : 1 handfull

2. GREEN TEA : 1 Unit

#### Meal 5 | 08:00 PM

1. OATS KHICHDI : 1 Katori

2. Cucumber, orange, round : 100 gm

### Thursday

#### Meal 1 | 09:00 AM

1. Mung Dal Chilla : 1 unit

#### Meal 2 | 11:00 AM

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

#### Meal 3 | 01:00 PM

1. Besan kadhi : 1 bowl

2. Cucumber, orange, round : 100 gm

3. nachni bhakri : 1 unit

#### Meal 4 | 04:00 PM

1. Roasted makhana : 1 cup

2. GREEN TEA : 1 Unit

#### Meal 5 | 08:00 PM

1. TURAI SABZI : 1 Katori

2. Cucumber, orange, round : 100 gm

3. nachni bhakri : 1 unit

## Friday

### Meal 1 | 09:00 AM

1. vegetable idli : 1 piece

2. Coconut Chutney : 1 tp

3. butter milk : 1 glass

### Meal 2 | 11:00 AM

1. Black berry/Jamun : 100 gm

### Meal 3 | 01:00 PM

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

2. nachni bhakri : 1 unit

3. MOONG DAAL SAMBAR : 1 Katori

### Meal 4 | 04:00 PM

1. GREEN TEA : 1 Unit

2. Roasted makhana : 1 cup

### Meal 5 | 08:00 PM

1. LAUKI SABZI : 1 Katori

2. Ragi / Nachni : 100 gm

## Saturday

### Meal 1 | 09:00 AM

1. Besan Chilla : 1 unit

### Meal 2 | 11:00 AM

1. Pineapple/Ananas : 100 gm

### Meal 3 | 01:00 PM

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

2. Mix Dal Masala Khichdi : 1 bowl

3. cucumber Curd Raita : 1 bowl

### Meal 4 | 04:00 PM

1. Roasted chana : 1 handfull

2. GREEN TEA : 1 Unit

### Meal 5 | 08:00 PM

1. Bitter gourd, jagged, smooth ridges, elongate Karela / Karela, jagged, teeth ridges, elongate : 100 gm

2. nachni bhakri : 1 unit

## Sunday

### Meal 1 | 09:00 AM

1. Mung Dal Chilla : 1 unit

### Meal 2 | 11:00 AM

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

**Meal 3 | 01:00 PM**

1. TUR DAL SAMBAR AND MIXED VEGETABLES : 1 Katori

2. nachni bhakri : 1 unit

**Meal 4 | 04:00 PM**

1. Roasted makhana : 1 cup

2. GREEN TEA : 1 Unit

**Meal 5 | 08:00 PM**

1. bhindi masala : 100 gm

2. nachni bhakri : 1 unit

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