

Healthy Diet Clinic

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Monday

Meal 1 | 07:00 AM

1. Vegetable Daliya Khichdi : 1 small bowl

Meal 2 | 11:00 AM

1. Banana/Kela : 100 gm

Meal 3 | 02:00 PM

1. plain rice : 1 katori
2. TUR DAL : 1 Katori
3. TAWA ROTI : 2 Units
4. crispy bhindi : 100 gm

Meal 4 | 05:00 PM

1. butter milk : 1 glass
2. Roasted makhana : 1 cup

Meal 5 | 08:00 PM

1. paneer paratha : 2 unit

POST DINNEN | 10:00 PM

1. Jaggery Bites : 1 pc
2. turmeric milkshake : 1 glass

Tuesday

Meal 1 | 07:00 AM

1. oats in milk with banana : 1 katori

Meal 2 | 11:00 AM

1. Black berry/Jamun : 100 gm

Meal 3 | 02:00 PM

1. cucumber Curd Raita : 1 bowl
2. rajma gravy : 100 gm
3. plain rice : 1 katori
4. ATTA ROTI : 1 Units

Meal 4 | 05:00 PM

1. muesli in milk : 1 katori

Meal 5 | 08:00 PM

1. paratha : 2 unit
2. TURAI SABZI : 1 Katori

POST DINNER | 10:00 PM

1. TURMERIC MILK : 1 GLASS

Wednesday**Meal 1 | 07:00 AM**

1. fig banana milkshake : 1 glass

Meal 2 | 11:00 AM

1. Pineapple/Ananas : 100 gm

Meal 3 | 02:00 PM

1. Palak Roti : 2 nos
2. GREEN MOONG DAAL : 1 BOWL
3. plain rice : 1 katori
4. paneer burji : 100 gm

Meal 4 | 05:00 PM

1. Roasted chana : 1 handfull

Meal 5 | 09:00 PM

1. Soya Chunks Sabji : 1 bowl

POST DINNER | 10:00 PM

1. TURMERIC MILK : 1 GLASS
2. Jaggery Bites : 1 pc

Thursday**Meal 1 | 09:00 AM**

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

Meal 2 | 11:00 AM

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

Meal 3 | 02:00 PM

1. Besan kadhi : 1 bowl
2. ROTI : 1 Units
3. ghee rice : 1 katori

Meal 4 | 05:00 PM

1. banana milkshake : 1 glass

Meal 5 | 08:00 PM

1. Paneer Paratha : 2 unit
2. cucumber Curd Raita : 1 bowl

POST DINNER | 10:00 PM

1. TURMERIC MILK : 1 GLASS

Friday

Meal 1 | 07:00 AM

you can stuff some paneer in chilla

1. Mung Dal Chilla : 1 unit

Meal 2 | 11:00 AM

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

Meal 3 | 02:00 PM

1. Chole Sabji : 1 bowl
2. Rice, Basmati : 100 gm
3. curd : 1 cup

Meal 4 | 05:00 PM

1. butter milk : 1 glass
2. salted peanuts : 1 handful

Meal 5 | 09:00 PM

1. LAUKI SABZI : 1 Katori
2. ATTA ROTI : 2 Units

POST DINNEN | 10:00 PM

1. TURMERIC MILK : 1 GLASS

Saturday

Meal 1 | 07:00 AM

1. masala oats : 1 katori

Meal 2 | 11:00 AM

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

Meal 3 | 02:00 PM

1. cucumber Curd Raita : 1 bowl
2. vegetable biryani : 2 katori

Meal 4 | 05:00 PM

1. chocolate milk : 1 glass

Meal 5 | 08:00 PM

1. Soya bean white : 100 gm
2. ATTA ROTI : 2 Units

POST DINNEN | 10:00 PM

1. TURMERIC MILK : 1 GLASS

Sunday

Meal 1 | 09:00 AM

1. paneer cheese sandwich : 1 piece

Meal 2 | 11:00 AM

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

Meal 3 | 02:00 PM

1. Creamy Palak Paneer : 1 bowl

2. Rice, Basmati : 100 gm

3. ROTI : 1 Units

Meal 4 | 05:00 PM

1. curd : 1 cup

Meal 5 | 08:00 PM

1. PARWAL SABZI : 1 Katori

2. ATTA ROTI : 2 Units

POST DINNEN | 10:00 PM

1. TURMERIC MILK : 1 GLASS