

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) * Always start your meal with salad first , then eat main course. * consume normal water , no cold water.

Monday

Meal 1 | 09:00 AM

you can stuff chilla with paneer

1. Mung Dal Chilla : 1 unit
2. GREEN CHUTNEY (MINT + RAW MANGO+) : 1 tb

Meal 2 | 11:00 AM

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

Meal 3 | 01:00 PM

1. Makhana salad : 1 bowl
2. TUR DAL : 1 Katori
3. Oats Roti : 1 unit

Meal 4 | 05:00 PM

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

Meal 5 | 07:30 PM

1. LAUKI SABZI : 1 Katori
2. Oats Roti : 1 unit
3. Kakadi + cucumber + onion with roasted sesame seeds (1tsp) : 0 bowl

POST DINNEN | 09:00 PM

1. TURMERIC MILK : 200 GLASS

Tuesday

Meal 1 | 09:00 AM

1. VEGETABLE OATS UTTAPAM : 1 Piece

Meal 2 | 11:00 AM

1. Black berry/Jamun : 100 gm

Meal 3 | 01:00 PM

1. rajma gravy : 100 gm
2. PLAIN RICE : 1 Katori

3. cucumber Curd Raita : 1 bowl

Meal 4 | 05:00 PM

1. GREEN TEA : 1 Unit

2. Murmura (+ Veggies + Green Chutney) : 1

Meal 5 | 07:30 PM

1. muesli in milk : 1 katori

Wednesday

Meal 1 | 09:00 AM

1. Vegetable Poha : 1 bowl

Meal 2 | 11:00 AM

1. Pineapple/Ananas : 100 gm

Meal 3 | 01:00 PM

1. Bengal gram dal / Chana Dal : 100 gm

2. nachni bhakri : 1 unit

Meal 4 | 05:00 PM

1. Roasted makhana : 1 cup

2. butter milk : 1 glass

Meal 5 | 07:30 PM

1. Mung Dal Masala Oats : 1 bowl

2. curd : 1 cup

Thursday

Meal 1 | 09:00 AM

1. Besan Chilla : 2 unit

2. GREEN CHUTNEY (MINT + RAW MANGO+) : 1 tb

Meal 2 | 11:00 AM

1. Pear/Nashpati : 100 gm **OR** Mango, ripe, paheeri/Aam, ripe, paheeri : 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) : 0 bowl

Meal 4 | 05:00 PM

1. Roasted makhana : 1 cup

2. GREEN TEA : 1 Unit

Meal 5 | 07:30 PM

1. TURAI SABZI : 1 Katori

2. Oats Roti : 1 unit

Friday

Meal 1 | 09:00 AM

1. masala oats : 1 katori

Meal 2 | 11:00 AM

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

Meal 3 | 01:00 PM

1. Kakadi + cucumber + onion with roasted sesame seeds (1tsp) : 0 bowl

2. GREEN MOONG DAAL : 1 BOWL

3. OATS ROTI : 2 Piece

Meal 4 | 05:00 PM

1. GREEN TEA : 1 Unit

2. ROASTED PUFFED RICE : 1 Katori

Meal 5 | 07:30 PM

1. Soyabean Chunks : 100 gm

2. 1 RAGI ROTI : 1 Unit

Saturday

Meal 1 | 09:00 AM

1. idili & chatni : 2 piece

Meal 2 | 11:00 AM

1. carrot & beetroot juice : 1 glass

Meal 3 | 01:00 PM

1. Kakadi + cucumber + onion with roasted sesame seeds (1tsp) : 0 bowl

2. Mix Dal Masala Khichdi : 1 bowl

3. cucumber Curd Raita : 1 bowl

Meal 4 | 05:00 PM

1. BHELPURI (RICE PUFF NO FRIED PAPRI ADD ONION, TOMATO, GREEN CHILLIES, CORIANDER, IMLI CHUTNEY & MINT CHUTNEY) : 1 Unit

Meal 5 | 07:30 PM

1. RAGI ROTI + SEASONAL VEG : 1 Unit

Sunday

Meal 1 | 09:00 AM

Meal 2 | 11:00 AM

Meal 3 | 01:00 PM

Meal 4 | 06:00 PM

Meal 5 | 09:00 PM