

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 a glass jar in 1 lit water for the whole night) consume it within 2hrs. * 12 glasses of water every single day (preferably at normal room temperature water) * 30 min walk every day * 15 min walk after lunch and dinner * Consume your meals in a peaceful environment(not in the haze) * Exercise or Yoga for 30 minutes

Monday

Meal 1 | 09:00 AM

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

Meal 2 | 11:00 AM

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

Meal 3 | 01:00 PM

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

Meal 4 | 04:00 PM

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

Meal 5 | 07:00 PM

1. Ragi Soup : 1 bowl

Tuesday

Meal 1 | 09:00 AM

1. oats upma : 1 katori

Meal 2 | 11:00 AM

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

Meal 3 | 01:00 PM

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

Meal 4 | 04:00 PM

Take Milk tea (Toned milk) without or minimum sugar

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

Meal 5 | 07:00 PM

A recipe for the veg salad will be provided in the Whatsapp chat box.

1. VEGETABLE SALAD : 1 BOWL

Wednesday

Meal 1 | 09:00 AM

1. Chia seed Cashew nut Milk smoothie : 1 cup

Meal 2 | 11:00 AM

1. Pomegranate, maroon seeds/Anaar : 100 gm

Meal 3 | 01:00 PM

1. MOONG DAAL SAMBAR : 1 Katori

2. plain rice : 1 katori

Meal 4 | 04:00 PM

1. Roasted chana : 1 handfull

2. GREEN TEA : 1 Unit

Meal 5 | 07:00 PM

1. OATS SMOOTHIE : 1 Glass

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

1. WHOLE EGG OMLETTE WITH ONION AND SPINACH : 1 Piece

Meal 2 | 11:00 AM

1. Kiwi/Kiwi : 100 gm

Meal 3 | 01:00 PM

1. YELLOW DAL : 1 Katori

2. Jowar Roti : 2 nos

Meal 4 | 04:00 PM

1. Roasted makhana : 1 cup

2. GREEN TEA LEMON : 1 Unit

Meal 5 | 07:00 PM

1. sada dosa (udadh dal) : 2 unit

2. Coconut Chutney : 2 tp

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

Get a Recipe on WhatsApp.

1. Chia seed Walnut Pudding : 1 cup

Meal 2 | 11:00 AM

1. Kiwi/Kiwi : 100 gm

Meal 3 | 01:00 PM

Prepare Rajma in minimum oil.

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

2. rajma chawal : 1 katori

Meal 4 | 04:00 PM

1. Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney) : 1

2. GREEN TEA : 1 Unit

Meal 5 | 07:00 PM

The recipe will be provided on Whatsapp.

1. SAUTED VEGETABLE SALAD : 1 BOWL

Saturday

Meal 1 | 09:00 AM

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

Meal 2 | 11:00 AM

1. Mixed fruit Salad : 1 bowl

Meal 3 | 01:00 PM

1. Oats Roti : 1 unit
2. YELLOW DAL : 1 Katori

Meal 4 | 04:00 PM

1. Roasted makhana : 1 cup
2. GREEN TEA LEMON : 1 Unit

Meal 5 | 07:00 PM

Oat chilla can be stuffed with paneer

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

Sunday

Meal 1 | 09:00 AM

1. oats upma : 1 katori

Meal 2 | 11:00 AM

1. Pomegranate, maroon seeds/Anaar : 100 gm

Meal 3 | 01:00 PM

1. SAUTED VEGETABLE SALAD : 1 BOWL
2. CUCUMBER RAITA : 1 Unit

Meal 4 | 06:00 PM

Of Your Choice

Meal 5 | 09:00 PM

Of Your Choice