

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 Luke- warm water) * 30 min walk every day * 15 min walk after lunch and dinner * Consume your meals in a peaceful environment (not in the haze) NOTE: • 1 tsp Mixture of Roasted seeds mix can be added to smoothies, soups, and salads. • Dates, Jaggery, and Honey must be preferred as sweeteners. • Avoid consumption of raw vegetables such as cabbage, Brussels sprouts, broccoli, cauliflower, mustard greens, kale, and turnip. • Various procedures like soaking, washing, boiling, and cooking can help in reducing the goitrogenic potency of these foods.

Monday

start your day | 06:00 AM

Start your day with Moringa leave the water. (1/4 cup of moringa leaves grind it with one glass of water, then strain this water into a glass jar and drink empty stomach.) * Consume detox water within 2hrs. * Soak(2 Almonds + 5gm raisins + fig). consume all this after 30 min of your morning drink.

1. GOOD MORNING : 1 unit

Meal 1 | 08:00 AM

An alternative for Sambhar is coconut chutney/peanut chutney.

1. RAGI DOSA WITH DRUMSTICK SAMBHAR : 1 Unit

Meal 2 | 11:00 AM

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

Meal 3 | 01:00 PM

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

2. YELLOW DAL : 1 Katori

3. Jowar Roti : 1 nos

Meal 4 | 04:00 PM

1. LEMON GINGER TEA : 1 Cup

2. Roasted chana : 1 handfull

Meal 5 | 07:00 PM

1. Ragi Soup : 1 bowl

Tuesday

start your day | 06:00 AM

Note:- * Start your day with Moringa leave the water. (1/4 cup of moringa leaves grind it with one glass of water, then strain this water into a glass jar and drink empty stomach.) * Soak(2 Almonds + 5gm raisins + fig). consume all this after 30 min of your morning drink

1. GOOD MORNING : 1 unit

Meal 1 | 08:00 AM

ADD 50gms of stuffed Chilla with 50 gms of Paneer.

1. Mung Dal Chilla : 1 unit

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

Meal 2 | 11:00 AM

1. Pineapple/Ananas : 100 gm

Meal 3 | 01:00 PM

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

Meal 4 | 04:00 PM

1. LEMON GINGER TEA : 1 Cup
2. ROASTED PUFFED RICE : 1 Katori

Meal 5 | 07:00 PM

ADD Walnuts and Pumpkin seeds as topping for a smoothie.

1. OATS SMOOTHIE : 1 Glass

Wednesday

start your day | 06:00 AM

Note:- * Start your day with Moringa leave the water. (1/4 cup of moringa leaves grind it with one glass of water, then strain this water into a glass jar and drink empty stomach.) * Soak(2 Almonds + 5gm raisins + fig). consume all this after 30 min of your morning drink

1. GOOD MORNING : 1 unit

Meal 1 | 08:00 AM

1. Chia seed Cashew nut Milk smoothie : 1 cup

Meal 2 | 11:00 AM

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

Meal 3 | 01:00 PM

1. YELLOW DAL SPINACH TADKA : 1 Katori
2. Oats Roti : 2 unit
3. SAUTED VEGETABLE SALAD : 1 BOWL

Meal 4 | 04:00 PM

1. Roasted chana : 1 handfull

Meal 5 | 07:00 PM

1. PANEER VEGETABLE SALAD : 1 BOWL

Thursday

start your day | 06:00 AM

Note:- * Start your day with Moringa leave the water. (1/4 cup of moringa leaves grind it with one glass of water, then strain this water into a glass jar and drink empty stomach.) * Soak(2 Almonds + 5gm raisins + fig). consume all this after 30 min of your morning drink

1. GOOD MORNING : 1 unit

Meal 1 | 07:00 AM

1. urad dal & rice idli : 2 piece
2. Coconut Chutney : 1 tp
3. LAUKI SAMBAR : 1 Katori

Meal 2 | 11:00 AM

1. Pineapple/Ananas : 100 gm

Meal 3 | 01:00 PM

1. CHICKPEAS VEGETABLE SALAD : 1 BOWL
2. curd : 1 cup

Meal 4 | 04:00 PM

1. Coconut Water : 100 ml

Meal 5 | 07:00 PM

1. MUSHROOM TIKKA WITH VEGETABLE SALAD : 1 BOWL

Friday**start your day | 06:00 AM**

Note:- * Start your day with Moringa leave the water. (1/4 cup of moringa leaves grind it with one glass of water, then strain this water into a glass jar and drink empty stomach.) * Soak(2 Almonds + 5gm raisins + fig). consume all this after 30 min of your morning drink

1. GOOD MORNING : 1 unit

Meal 1 | 07:00 AM

1. chaulai poratha : 1 unit
2. curd : 1 cup

Meal 2 | 11:00 AM

1. Kiwi/Kiwi : 100 gm

Meal 3 | 01:00 PM

1. Besan kadhi : 1 bowl
2. plain rice : 1 katori

Meal 4 | 04:00 PM

1. Roasted makhana : 1 cup
2. Coconut Water : 100 ml

Meal 5 | 07:00 PM

1. palak paneer : 100 gm
2. Oats Roti : 1 unit

Saturday**start your day | 06:00 AM**

Note:- * Start your day with Moringa leave the water. (1/4 cup of moringa leaves grind it with one glass of water, then strain this water into a glass jar and drink empty stomach.) * Soak(2 Almonds + 5gm raisins + fig). consume all this after 30 min of your morning drink

Meal 1 | 08:00 AM

1. vegetable sandwich : 1 piece

Meal 2 | 11:00 AM

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

Meal 3 | 01:00 PM

1. Mix Dal Masala Khichdi : 1 bowl
2. curd : 1 cup

Meal 4 | 04:00 PM

1. ROASTED PUFFED RICE : 1 Katori

Meal 5 | 07:00 PM

1. TURAI SABZI : 1 Katori
2. Bajra Roti : 1 unit

Sunday**start your day | 06:00 AM**

Note:- * Start your day with Moringa leave the water. (1/4 cup of moringa leaves grind it with one glass of water, then strain this water into a glass jar and drink empty stomach.) * Soak(2 Almonds + 5gm raisins + fig). consume all this after 30 min of your morning drink

1. GOOD MORNING : 1 unit

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

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