

Healthy Diet Clinic

Phone: 9450541826

Email: tanvi.bajpai17@gmail.com



Notes: 1. Consume 12 glasses of water every single day (preferably at normal room temperature water) 2. Exercise or do Yoga for 15 minutes 3. Sit in Vajrasana pose for 10 min after lunch and dinner 4. Consume your meals in a peaceful environment(not in the haze) 5. Chew your food properly. 5.NO JUNK FOOD.

Monday

Meal 1 | 06:00 AM

1. Mung Dal Chilla : 1 unit

Meal 2 | 10:00 AM

1. Roasted makhana : 1 cup

Meal 3 | 02:00 PM

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

Meal 4 | 05:00 PM

1. mango milkshake : 1 glass

Meal 5 | 08:00 PM

1. Paneer Salad (added grilled veggies) : 1 bowl

POST DINNER | 10:00 PM

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

Tuesday

Meal 1 | 06:00 AM

1. peanut butter sandwich : 1 piece

Meal 2 | 10:00 AM

1. Mixed fruit Salad : 1 bowl

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. coffee peanut butter milkshake : 1 glass

Meal 5 | 08:00 PM

1. paratha : 2 unit

2. TURAI SABZI : 1 Katori

POST DINNNER | 10:00 PM

1. TURMERIC MILK : 1 GLASS

Wednesday

Meal 1 | 06:00 AM

1. fig banana milkshake : 1 glass

Meal 2 | 10:00 AM

1. Pear/Nashpati : 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. butter milk : 1 glass

Meal 5 | 08:00 PM

1. paneer paratha : 2 unit

2. curd : 1 cup

POST DINNNER | 10:00 PM

1. TURMERIC MILK : 1 GLASS

2. Jaggery Bites : 1 pc

Thursday

Meal 1 | 06:00 AM

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

Meal 2 | 10:00 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. cucumber Curd Raita : 1 bowl

2. palak rice : 1 katori

POST DINNNER | 10:00 PM

1. TURMERIC MILK : 1 GLASS

Friday

Meal 1 | 06:00 AM

1. muesli in milk : 1 katori

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. curd : 1 cup

3. Rice, Basmati : 100 gm

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 | 06:00 AM

1. PANEER SANDWICH : 1 Unit

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. Cheese veg. Uttapam : 1 unit

Meal 2 | 11:00 AM

1. Pomegranate, maroon seeds/Anaar : 100 gm

Meal 3 | 01:00 PM

1. CUCUMBER RAITA : 1 Unit
2. paneer burji : 100 gm
3. DAL MAKHNI : 1 Katori
4. Multigrain Roti : 2 unit

Meal 4 | 06:00 PM

Of Your Choice but a healthy one.

Meal 5 | 09:00 PM

Of Your Choice but a healthy one.

Healthy Diet Clinic,, J 12/16 I, Baulia Bagh Ramkatora, Varanasi - 221001, Uttar Pradesh, India
Email: tanvi.bajpai17@gmail.com