

## Healthy Diet Clinic

Phone: 9450541826

Email: tanvi.bajpai17@gmail.com



**Notes:** \*DETOX WATER: 2 elongated carrot slices + 1 lemon in sliced form + curry 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 ) \* You can drink detox water every day in place of plain water.

### 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

peanut chutney with uttapam.

1. Uttapam (Plain) : 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. vegetable pulao : 2 katori

3. curd : 1 cup

#### Meal 4 | 04:00 PM

1. Roasted chana : 1 handfull

2. LEMON GINGER TEA : 1 Cup

#### 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. Papaya, ripe/Papita : 100 gm

#### Meal 3 | 01:00 PM

1. MIXED DAL : 1 Katori

2. Oats Roti : 1 unit

3. Makhana salad : 1 bowl

#### Meal 4 | 04:00 PM

1. ROASTED PUFFED RICE : 1 Katori

2. LEMON GINGER TEA : 1 Cup

#### 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. chaulai oats paratha : 1 gm

2. GREEN CHUTNEY : 1 tp

#### Meal 2 | 11:00 AM

1. Pear/Nashpati : 100 gm

#### Meal 3 | 01:00 PM

1. SAUTED VEGETABLE SALAD : 1 BOWL

2. YELLOW DAL SPINACH TADKA : 1 Katori

#### Meal 4 | 04:00 PM

1. coconut water : 1 glass

#### Meal 5 | 07:00 PM

1. MUSHROOM TIKKA WITH 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 | 08:00 AM

1. LAUKI SAMBAR : 1 Katori

2. Coconut Chutney : 1 tp

3. urad dal & rice idli : 2 piece

#### Meal 2 | 11:00 AM

1. Pineapple/Ananas : 100 gm

#### Meal 3 | 01:00 PM

1. curd : 1 cup

2. CHICKPEAS VEGETABLE SALAD : 1 BOWL

#### Meal 4 | 04:00 PM

1. Coconut Water : 100 ml

#### Meal 5 | 07:00 PM

1. Vegetable Daliya Khichdi : 2 small 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. plain rice : 1 katori

2. Besan kadhi : 1 bowl

### 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

1. GOOD MORNING : 1 unit

### Meal 1 | 08:00 AM

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

### Meal 2 | 11:00 AM

1. Pear/Nashpati : 100 gm

### Meal 3 | 01:00 PM

1. Besan kadhi : 1 bowl

2. plain rice : 1 katori

### Meal 4 | 04:00 PM

1. coconut water : 1 glass

### Meal 5 | 07:00 PM

1. paneer paratha : 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 2 | 11:00 AM

1. Kiwi/Kiwi : 100 gm

**Meal 3 | 01:00 PM**

---

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