



Truweight Wellness Pvt. Ltd.
HSR layout, Bangalore, 560102

Name : Joseph Sham Age : 0 Gender : MALE
Start Date: 06-08-2022 | End Date: 06-08-2023

Plan- 1

Waking Up:	Water(1.0cup), Soaked Almonds(3.0no.) OR Seeds Cocktail (truweight)(2.0tsp)
Breakfast:	Chutney(C)(3.0tsp), Sprouts Raw (lentils And Legumes)(1.0bowl), Besan Chila(2.0no.) OR Dosa (Low /No Oil)(2.0no.)
Mid Morning Snack:	Vegetable Juice / Mixed Vegetable Juice (unstrained)(1.0cup) OR Noni Kokum Drink (Truweight)(1.0cup)
Lunch:	Salad(C)(1.0bowl), Dal(C)(1.0bowl), Buttermilk (Low Fat Milk)(1.0glass), Any Veg Curry, Dry (except Paneer / Aloo) Low Oil(1.0bowl), Brown Rice (Cooked)(1.0bowl) OR Stuffed Roti (mooli, Cabbage, Onion, Peas, Cauliflower) (Without Oil)(2.0no,small)
Evening Snacks:	Green Tea(1.0cup), Roasted Chana (Packaged)(0.5bowl) OR Diet Khakra (Methi) (Truweight Snacks)(2.0no.)
Dinner:	Soup(1.0bowl), Any Veg Curry, Dry (except Paneer / Aloo) Low Oil(1.0bowl), Palak Dal / Greens Dal (Low Oil / No Oil)(1.0bowl), Whole Wheat Phulka (without Oil)(2.0no.) OR Jowar Roti (low Oil Or No Oil)(2.0no.)

Plan- 2

Waking Up:	Seeds & Nuts(C)(10.0gm) OR Seeds Cocktail (truweight)(2.0tsp)
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Breakfast:	Vegetable Juice(C)(1.0cup), Sprouts Salad(1.0bowl), Oats Porridge With Milk Without Sugar(1.00) OR Veg Sandwich (2 Brown / Multigrain Bread)(1.0no.) OR Wheat Rava Upma With Veggies(1.0bowl)
Mid Morning Snack:	Fruits Bowl(1.0bowl)
Lunch:	Cucumber Onion Raita(1.0bowl), Probiotic (Any Brand)(1.0no.), Millet Dal Vegetable Khichdi(1.0Bowl) OR Simple Khichadi(1.0bowl) OR Brown Rice Veg Khichdi(1.0bowl)
Evening Snacks:	Diet Khakra (Methi) (Truweight Snacks)(2.0no.), Tea (with Skim Milk With Sugar)(1.0tea cup) OR Noni Kokum Drink (Truweight)(1.0cup)
Dinner:	Salad(C)(1.0bowl), Whole Wheat Phulka (without Oil)(2.0no.), Palak Dal (Normal Oil)(1.0bowl) OR Rajma Masala Curry (Low Oil)(1.0bowl)
Sleeping Time:	Triphala (With Warm Water) (Truweight)(1.0no.)

Plan- 3

Waking Up:	Water(1.0cup), Fruits Bowl(1.0bowl), Walnuts(2.0no.) OR Seeds Cocktail (truweight)(2.0tsp)
Breakfast:	Vegetable Juice / Mixed Vegetable Juice (unstrained)(1.0cup), Mint Chutney / Green Leaves Chutney / Curry Leaves Chutney(1.0tbsp), Chole Dal Dhokla / Gluten Free Steamed Dhokla / Khaman Dhokla(4.0no.) OR Red / Brown Poha With Vegetables(1.0bowl) OR Dal Chilla(2.0no.)
Mid Morning Snack:	Tender Coconut / Coconut Water(1.0no.) OR Buttermilk (Low Fat Milk)(1.0glass) OR Noni Kokum Drink (Truweight)(1.0cup)
Lunch:	Salad(C)(1.0bowl), Probiotic (Any Brand)(1.0no.), Raita(C)(1.0bowl), Stuffed Vegetable Wheat Roti(2.0no.) OR Peas Pulao(1.0bowl) OR Brown Rice Vegetable Pulao(1.0bowl)
Evening Snacks:	Green Tea(1.0cup), Black Chana Sundal (Low Oil)(0.5bowl) OR Diet Khakra (Methi) (Truweight Snacks)(2.0no.) OR Makhana Chaat(1.0bowl)

Dinner:	Salad(C)(1.0bowl), Dal Vegetable Soup(1.0bowl), Veg Curry(C)(1.0bowl), Millet Preparations(1.0bowl) OR Jowar Roti (low Oil Or No Oil)(2.0no.) OR Wheat Roti (without Oil)(2.0no.)
Sleeping Time:	Triphala (With Warm Water) (Truweight)(1.0no.)
