

Name: Mr. Deepak Sharma
Age: 52 Yrs
Height – 172 cm Weight: 79.3 kg
BMI: 27.3 kg/m..
Diet Preference: Non Vegeterian
Nutritionist Name: Ruchi.shrivastava
M.sc Food and Nutrition, clinical Dietetics, CDE
Reg- L – 1394

Goals : To stay fit, Reduce up to 73 kg

Pre –Breakfast -5 :30 AM Turmeric + Ginger Water (1.0 glass) // lemon + coriander leaves water -1/2 to 1 glass

Post Workout -7:00 AM Now whey protein isolates 25 gm with 200 ml water

Breakfast -8 :30 AM Toned Milk(1.0 cup) Sugarfree Muesli (0.5 cup)

or Whole Wheat Bread or multigrain Bread +Paneer- 2 cubes Capsicum Sandwich

or Oats(40 gm) with Toned Milk(1.0 bowl)

or Egg Boiled(1.0 large) + Banana Oats Smoothie with Chia Seeds(1.0 glass)

or Yoghurt(1.0 katori) Green Gram Whole Boiled(1.5 katori)

or Overnight Oats with Strawberry and Greek Yoghurt(1.0 bowl)

or Greek Yogurt, Epigamia(200.0 grams) Oats Banana Milk Pancake (2.0 pancake)

or Millet Dosa 2 + Seseme/sunflower seed chutney + tomato +Coriander leaves -1-2 tbsp

or Oats Idli 2-3 + Sambhar (1 katori)

- You can use curd in place of yogurt

Mid Morning - 11 : 00 AM Butter milk 1 glass + 10 gm roasted sunflower seed

or Mix seeds bars – 30 gm (made out of crushed mix seed and grated dates and jageery)

or Roasted flax seed powder + 150 ml almond

Lunch -01:00 PM (prefer Multigrain chappati 2 to 3 times a week)

Buttermilk(1 cup) // or Curd

Multigrain Roti(1- 2 piece) yellow moong Dal with Vegetable(1 katori)) + vegetable salad(1 katori)

or Multigrain Roti(1- 2 piece) Bhindi Bhaji (1 katori) +boiled sprouts salad (1 katori)

or Multigrain Roti(1- 2 piece) + Paneer capsicum(1 katori) +cucumber tomato avocado salad (1 katori)

or Multigrain Roti(2 piece) Dudhi+channa dal (1 katori) + beet carrot cucumber flax seed salad-(soaked 1 tbsp)(1 katori)

or Multigrain Roti(1-2 piece) Methi Bhaji moong dal (1 katori) + zucchini tomato salad (1 katori)

or Multigrain Roti(1-2 piece) dal palak (1 katori) + Boiled beans cucumber tomato salad (1 katori)

or Multigrain Roti(1-2 piece) French Beans Tomato Onion Subji(1 katori) + Boiled sprouts salad (1 katori)

- You can replace green vegetables

Evening Snacks -04:00 PM -Buttermilk (1.0 glass) Roasted Pumpkin Seeds(2.0 tablespoon)

or Melon, Musk(2.0 cup, cubes)

or Cut Fruits(1 Bowl)

or Apple(1.0 cup slices)

or 1 big orange

Evening Snacks 5:00 PM Toned Milk Coffee // tea (1.0 teacup) (optional)

Dinner- 7:30 PM Boiled Egg white (3 pcs)+ Tomato Lentil Soup(1.0 cup)

or Sauted Vegetables(1.0 bowl) Chicken Soup(1.0 cup)

or Multigrain Bread Toast(2.0 toast) Chicken Breast Grilled without Oil(1.0 piece)

or Egg Bhurji(1.0 one egg) Pumpkin Lentil Soup(1.0 cup)

Grilled Fish (100 gm)+ Sauteed Mix veg salad (1 Bowl)

or Sautéed Soya Nuggets marinated in curd (1 katori) + Mix vegetable raagi soup (1 Bowl) – use 1 tbsp raagi powder

or Tofu Broccoli cabbage salad (1 Bowl)- use 50 gm tofu + Moong tomato soup (1 bowl)

or Grilled Fish(200 grams)+ Steamed Sprouts and Vegetables(1.0 bowl)

or Lentil Soup (250 ml) + Boiled egg + crushed mix seed+Vegetable salad (1 Bowl)

or Yogurt Marinated Grilled Chicken(100.0 grams) Boiled sauted Quinoa(1 katori)

or Greens salad (avoid broccoli lettuce if thyroid)(200 to 300 gm)(1 bowl) + Pumpkin tomato soup

or Quinoa dal vegetable khichdi (1 Bowl) + Fresh curd 100-150 gm

Bed Time : 10 pm Luke warm Low fat Milk 180 ml (1 cup) with turmeric

Follow the following guidelines when you start your diet – 1) Start with a positive mind and ensure 6-8 hours of sleep daily.

2) Log your meals daily so I can keep a watch.

- 3) Update your weight every Sunday, weigh when you wake up, on the same scale, at same place and preferably same clothes.
- 4) Drink 10-12 glasses of water daily. Drink at evenly spaced intervals and not all in one go.
- 5) Avoid refined cereals, bakery items, canned or packaged foods, fried and sweet items.
- 6) Avoid fruit juices, soft drinks and alcohol. Avoid eating out a lot.
- 7) Use maximum of 3 tsp of oil/ghee/butter in a day and no or less than 1 tsp of sugar in a day.
- 8) Finish your salad or soup first and then eat your lunch and dinner.
- 9) Eat slowly, chew every bite properly. 10) Remain active for at least 40 minutes daily for 5-6 days a week.
- 10) Do not exercise on empty stomach or right after a meal.

QUANTITY HELP

Katori 150ml

Small Bowl 150ml

Tea Cup 180ml

Bowl 350ml

Cup 250ml

Glass 250ml Large Glass

NOTE:-

- 1 You can replace the vegetables to other seasonal vegetables available to you.
2. Dals can be replaced by other dals.
3. Each meal has 7 options for 7 days of the week.

4. Each plan should be followed for 3-4 weeks at least so that body adjusts to the pattern and shows the results

Budget

Calories 1500- 1600 Cal (approx)

Protein 65- 70 g

Fat 42g

Carbs 180g-200 gm

Fibre 30g