

Name: Mr. Shobha Agrawal

Age: 48 Yrs

Height – 147.5 cm Weight:69 kg

BMI:31.79 kg/m..

Diet Preference: Eggeterian, Can include Fish some days

Nutritionist Name: Ruchi.shrivastava

M.sc Food and Nutrition, clinical Dietetics, CDE

Reg- L – 1394

Goals : To stay fit, Reduce belly fat, Initially target to reach 55kg

Pre –Breakfast -5 :30 AM Jeera saunf water with pinch of black pepper

or lemon + coriander leaves water -1/2 to 1 glass

Post Workout -7:00 AM organic Protein powder -1 scoop with like warm water

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

or Whole Wheat Bread or multigrain Bread + Tofu - 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 Low fat 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 1 + Seseme/sunflower seed chutney + tomato +Coriander leaves -1 tbsp

or Oats Idli 2 + Sambhar (1 katori)

or Multigrain or Brown Bread 2 slices with All Fruit Raspberry jam (1 -2 tsp) (Add apple or guava sciles or crushed pumpkin seeds 1 spoon) –(only once a week)

- 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 soy milk

or Roasted Makhana 50 gm

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

Buttermilk(1 cup) // or Curd + Flax seed powder 1 spoon

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

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

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

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

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

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

or Multigrain Roti(1 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(1.0 tablespoon)

or Melon, Musk(2.0 cup, cubes)

or Cut Fruits(1 Bowl)

or Apple(1.0 cup slices)

or 1 orange medium

or Pear -1 medium

or Avocado fruit – 100 gm

Evening Snacks 5:00 PM - Green tea with ginger – 1 cup

Dinner- 7:30 PM Boiled Egg white (2 pcs)+ Tomato Lentil Soup(1.0 cup)

or Sauted Vegetables (1.0 bowl)+ tomato green beans soup (1 Bowl)

or Oats vegetable porridge (1 Bowl)

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

or 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 Grilled Tofu with avocados (100.0 grams) Boiled sautéed Quinoa(1 katori)

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

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

Bed Time : 10 pm Soaked Chia seed 1 spoon with luke warm water or soaked sabja seed 1 spoon with luke warm water

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 12 -14 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.

PREFER AJWAIN WATER OR SAUNF WATER ½ AN HOUR AFTER LUNCH OR CHEW ROASTED AJWAIN SAUNF 2 tsp

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 replaced bu 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 1300- 1350 Cal (approx)

Protein 55-58 g (approx)

Fat 42 g

Carbs 180g-200 gm

Fibre 30g