

Diet Plan for Tarannum Kazmi

Female, 39 Years

Shared by Bhumika

Week 18 22-28 Jun, 2020

22nd Jun - Day 111

Early Morning (7:00 AM)

1 Glass Water (1 tsp roasted jeera powder + 200 ml warm water)

Breakfast (8:30 AM)

1 Glass Plain Milk
1 Bowl Fruit Salad

Mid Morning (11:00 AM)

1 No Fruit
1 Katori Cucumber (12 pm)

Lunch (1:30 PM)

1 Glass Dry Fruit Milkshake

Tea (3:30 PM)

1 No Jeera Khakhra
1 Cup Green Tea With Lime

Dinner (8:30 PM)

1 Katori Sukhe Kale Chane
1 Bowl Vegetable Soup

23rd Jun - Day 112

Early Morning (7:00 AM)

1 Glass Water (1 tsp roasted jeera powder + 200 ml warm water)

Breakfast (8:30 AM)

1 Katori Broken Wheat Porridge With Whole Milk

Mid Morning (11:00 AM)

1 No Fruit
1 Katori Cucumber (12 pm)

Lunch (1:30 PM)

2 No Phulka Without Ghee
1 Bowl Salad
1 Katori Subzi
1 Katori Curd (or buttermilk)

Tea (3:30 PM)

1 Measuring Cup Roasted Makhana



Classic Salted Makhana

114.0 /- [Buy Now](#)

1 Cup Green Tea With Lime

Dinner (8:30 PM)

1 1/2 Katori Vegetable Khichadi
1/2 Katori Curd

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24th Jun - Day 113

Early Morning (7:00 AM)

1 Glass Water (1 tsp roasted jeera powder + 200 ml warm water)

Breakfast (8:30 AM)

1 Katori Vegetable Sprouts Poha
1 Glass Plain Milk

Mid Morning (11:00 AM)

1 No Fruit
1 Katori Cucumber (12 pm)

Lunch (1:30 PM)

2 No Phulka Without Ghee
1 Bowl Salad
1 Katori Subzi
1 Katori Curd (or buttermilk)

Tea (3:30 PM)

1 Bowl Sukha Bhel



Roasted Melange Mix (Lime

141.0 /- [Buy Now](#)

1 Cup Green Tea With Lime

Dinner (8:30 PM)

1 No Jowar Roti
2/3 Katori Subzi
1/2 Katori Curd

25th Jun - Day 114

Early Morning (7:00 AM)

1 Glass Water (1 tsp roasted jeera powder + 200 ml warm water)

Breakfast (8:30 AM)

1 Glass Plain Milk
1 Bowl Fruit Salad

Mid Morning (11:00 AM)

1 No Fruit
1 Katori Cucumber (12 pm)

Lunch (1:30 PM)

2 Katori Fruit And Vegetable Raita

Tea (3:30 PM)

1 Katori Roasted Moong Dal
1 Cup Green Tea With Lime

Dinner (8:30 PM)

2 No Moong Dal Dosa
1 Tablespoon Dhania Chutney

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26th Jun - Day 115

Early Morning (7:00 AM)

1 Glass Water (1 tsp roasted jeera powder + 200 ml warm water)

Breakfast (8:30 AM)

1 Katori Broken Wheat Porridge With Whole Milk

Mid Morning (11:00 AM)

1 No Fruit

1 Katori Cucumber (12 pm)

Lunch (1:30 PM)

2 No Phulka Without Ghee

1 Bowl Salad

1 Katori Subzi

1 Katori Curd (or buttermilk)

Tea (3:30 PM)

1 Bowl Sukha Bhel

1 Cup Green Tea With Lime

Dinner (8:30 PM)

1 Tablespoon Tomato Chutney

1 No Cabbage And Paneer Roll

27th Jun - Day 116

Early Morning (7:00 AM)

1 Glass Water (1 tsp roasted jeera powder + 200 ml warm water)

Breakfast (8:30 AM)

1 Glass Plain Milk

1 Measuring Cup Kellogg's All Bran Wheat Flakes

Mid Morning (11:00 AM)

1 No Fruit

1 Katori Cucumber (12 pm)

Lunch (1:30 PM)

2 No Phulka Without Ghee

1 Bowl Salad

2/3 Katori Subzi

2/3 Katori Curd (or buttermilk)

Tea (3:30 PM)

1 No Jeera Khakhra

1 Cup Green Tea With Lime

Dinner (8:30 PM)

1 1/2 No Broccoli Besan Chilla

1 Tablespoon Tomato Chutney

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28th Jun - Day 117

Early Morning (7:00 AM)

1 Glass Water (1 tsp roasted jeera powder + 200 ml warm water)

Breakfast (8:30 AM)

1 Cup Green Tea With Lime

1 No Egg Chilli Sandwich

1 Glass Plain Milk

Mid Morning (11:00 AM)

1 No Fruit

1 Katori Cucumber (12 pm)

Lunch (1:30 PM)

2/3 Katori Curd (or buttermilk)

1 1/2 Katori Subz Pulao

Tea (3:30 PM)

1 Katori Chana Chaat

1 Cup Green Tea With Lime

Dinner (8:30 PM)

1 No Spinach And Corn Sandwich

1 Bowl Moong Dal Ka Shorba