

Name- Noora Hoon
 Age-
 Sex- Female
 Diet- NON Vegetarian. FROM 20/02/22

Goal- Fat loss
 Medical condition- NA

<u>Instructions</u>
1- Avoid food outside this chart for best results.
2-Spices, green chilli, coriander, ginger, garlic, garam masala, Onion, Tomato, Besan/Corn Flour/ Coconut Shred (not over 1 tsp) to be used in moderation. Do not reduce/disturb your salt intake.
3-All food items mentioned are to be weighed in raw form.
4- Water intake to be 4 litres a day.
5- Exercising regularly will have better impact with Diet.
Green veggies- Bell Pepper, Capsicum, Bottlegourd, Bittergourd, Green Beans, Ladyfinger,Brinjal

<u>Diet chart</u>		
	<u>Inventory</u>	<u>Quantity</u>
Upon Waking Up	Lukewarm water with Aloe vera and ACV and almonds (soaked overnight)	200 ml water and 10 almonds
	Tea	1 cup
Breakfast/Lunch	Rice	150 gm
	Chicken or Paneer with Daal	150 gm or 100 gm with 100 gm daal
	Onions and tomatoes for cooking	1 small each
	Olive oil for cooking	6gm
	Green vegetables (As mentioned in instructions)	100gm
Evening Snacks	Banana or Apple or Grapes	1 or 1 or 150 gm
Dinner	Roti	1.5
	Chicken or Eggs for bhurji or paneer or tofu	100 gm or 2 eggs or 60 gm paneer or 100 gm
	Olive oil for cooking	7gm
	Green vegetables (cooked)	100gm
Before bed	Isabgol (Incase of constipation)	1 tablespoon

TOTAL CALORIES-1207.C-140,P-65,F-43.

<u>Disclaimer</u>	
1	This Chart contains only my opinion on the diet.
2	Nothing contained herein is to be interpreted as Medical Advice.
3	I do not claim to be a medical doctor/practitioner or consultant nor do I intend to issue or give any medical advice.
4	Please consult your physician before starting this diet.

