



Get Fit With Kajal

Patient Profile

Name- Sakshi

Weight – 55 kgs

Allergy – None

Medical condition – Pelvic Inflammation

NOTE: - This diet plan is customized and follows personal details of the client. Do not share this plan with anyone else, concerned dietician is not responsible.

Meal Timings

Early morning – 6am-7am

Breakfast- 8am-10am

Midmorning- 11am-12pm

Lunch-1pm-2pm

Evening snacks- 4-5:30pm

Dinner-6:30-8:30

Sleep- Max by 11pm

Day 1

Early morning – Cucumber and Mint detox (1litre water+ 7-8 slices of cucumber + 14 leaves of mint + 2 tsp lemon juice + 1 tsp black salt)

Breakfast – 2 vegetable sandwiches with veggies

Midmorning - 1 seasonal fruit

Lunch - 2 jowar roti + 1 bowl seasonal vegetable + beetroot and tomato salad

Evening – 1 cup green tea and roasted peanuts + almonds

Dinner – 4 egg whites boiled salad

Day 2

Early morning – 1 glass coriander seeds + cumin seeds + fennel seeds water (Boil 1 tsp of each in 1 glass water, strain and enjoy)

breakfast – 2 moong dal chilla with mint chutney

Midmorning - 1 ripe banana

Lunch – Wheat Pasta with Vegetables

Evening - 1 bowl watermelon or apple

Dinner – Vegetable Daliya

Day 3

Early morning - lemon and mint detox (1-liter water + 3 tbsp lemon juice + 7-8 mint leaves + 1 tsp honey) or 1 glass fennel seed water

breakfast – Poha with vegetables (1 medium plate)

Midmorning - 1 seasonal fruit

Lunch – 2 jowar roti + 1 bowl dal or rajma + salad

Evening – 1 cup spearmint tea with roasted makhana (2-3 tbsp)

Dinner – 2 Quinoa chilla with vegetables

Day 4

Early morning: ginger lemon water (take 1 glass water boil it properly then add 1 tsp lemon juice + 1 tsp ginger juice)

Breakfast – 2 besan dal chilla with mint chutney

Midmorning - 1 seasonal fruit

Lunch – 2 Mushroom rolls with mint chutney

Evening: Gol Gappe (5-6)

Dinner: oats in milk or daliya in milk

Day 5

Early morning: 1 glass detox juice

breakfast - 1 bowl poha with vegetables or upma or idli sambhar

Midmorning - 1 glass lemon water

Lunch – Vegetable Pulao

Evening: Spearmint Tea+ Makhana

Dinner: 1 glass banana and nut smoothie

Day 6

Early morning - 1 glass fennel seed water

breakfast – 2 paneer sandwiches

Midmorning - 1 seasonal fruit

Lunch – 2 jowar roti + 1 bowl sabji + salad

Evening -1 cup spearmint tea + roasted Makhana

Dinner – 2 roti + 1 bowl sabji + salad

Day 7

Early morning - jeera water

breakfast –1 bowl vegetable poha or upma

Midmorning - 1 seasonal fruit

Lunch – 2 jowar roti + 1 bowl dal/rajma + Salad

Evening - 1 cup spearmint tea + almonds (5-6)

Dinner –Quinoa Pulao

DOs / DONTs

- 1. Should have frequent and small meals.**
- 2. Have at least 2-3 liters of water a day.**
- 3. Have at least 7 hours of sleep daily.**
- 4. Limit the intake of sweetened drinks like colas, juices, etc.**
- 5. Vegetables - all seasonal vegetables are allowed except arbi. Potato is allowed only once a week. Rajma / chana / dals / paneer are not included under vegetable**
- 6. Eat at least 1-2 servings of fruit in a day**
- 7. Oil – Not more than 3-4 Tbsp of oil (including ghee) in a day.**
- 8. Do not add extra salt in salads, curd, fruit salad. Avoid papad.**
- 9. Always use low fat milk and its products.**

10. Any form of physical activity like walking, jogging, dancing, yoga etc. for at-least 40 mins for 5 days a week is highly recommended.

11. Choose multigrain / wheat bread over white bread.

12. Limit your sugar intake to not more than 2 tsp a day.

13. Dhaniya water: soak 1/2 tsp of Dhaniya seeds in a glass of water overnight. Boil The water in the morning, strain let it cool and drink.

14. Bran Roti is 1/4 wheat bran and half oats and 1/4 wheat flour, Knead the dough in warm water

15. Missi roti is half besan and half atta

BY DT. KAJAL AGGARWAL