



Get fit with Kajal

Patient Profile

Patient Name- Sakshi

Weight – Update tomorrow morning

Allergy – None

Medical condition – Pelvic

inflammation, Gastritis, Partially LI

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- Ginger and Lemon water

Breakfast – 4 idli + Sambhar

Mid-morning- 1 cup green/ milk tea (use low fat milk)

Lunch – 2 roti/Rice with 1 bowl dal and salad

Evening time- 1 cup green tea and handful of bhuna chana

Dinner – Vegetable Daliya

Day 2

Early morning - Tulsi and lemon detox water

Breakfast- 1 bowl veg upma or vegetable Poha

Mid-morning - 5 soaked almonds +3 raisins + 1 cup milk tea

Lunch -1 bowl vegetable pulao with pickle or mint chutney

Evening time - 1 apple + handful foxnuts

Dinner - Soyabean fry with veggies (100 gram)
(100 grams)

Day 3

Early morning - Lemon and cinnamon water

Breakfast - 2 palak parathe with any vegetable or 2 paneer sandwiches (4 breads)

Mid-morning - lemon water

Lunch- 2 oats roti/Rice + sabji + 1 bowl dal + salad

Evening time - 1 cup green tea + handful of foxnuts

Dinner - Egg Salad with veggies (Take 4 egg whites + 1 whole egg)

Day 4

Early morning - Lemon and chia seed water

Breakfast- Poha with veggies

Mid-morning - Mix fruit chaat (papaya, oranges)

Lunch - 2 oat bran roti /Rice + salad + 1 bowl moong dal tadka or Cheat Meal

Evening time - 1 cup green tea

Dinner - Paneer Salad or chicken Salad (Take 100 gram paneer)

Day 5

Early morning - Lemon and cinnamon water

Breakfast - 1 small bowl vegetable poha (peanuts, onion, tomato, beans)

Mid-morning - 1 glass lemon water

Lunch- 2 oats roti/Rice + 1 bowl any seasonal sabji + salad

Evening time 4-5: 00pm - 1 cup tea + 2 whole wheat rusk

Dinner 8:00pm- 1-1.5 glass protein rich smoothie

Day 6

Early morning 7: 00am - lemon and ginger detox

Breakfast - 2 onion/ paneer paratha with mint chutney or any sabji of your choice

Mid-morning - green tea + 5 almonds + 3 raisins + 3 walnuts

Lunch – 2 roti/Rice + 1 bowl any sabji + salad

Evening time - 1 small bowl makhana-murmura chaat

Dinner 8: 00pm – 4 egg whites omellete with veggies

DAY 7

Early morning - Jeera water or Turmeric and lemon water

Breakfast - 1 bowl poha or upma + 1 small bowl curd/green chutney or 2 oats chilla with mint chutney

Mid-morning - 1 apple

Lunch - 2 oats roti/Rice with 1 bowl any sabji + 1 cup curd

Evening time - 1 cup green tea + Makhana

Dinner - Vegetable Khichdi

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. Fruits - all fruits except banana and sapota (chiku) are allowed except on detox diets.
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
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

Dt. Kajal