



Get fit with Kajal

Patient Profile

Patient Name- Sakshi

Weight –55 kgs

Allergy – None

Medical condition –Pelvic

Inflammation and Anaemia

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 – 1 glass Jeera water

Breakfast – 2 vegetable sandwiches(4 breads) with mint chutney

Midmorning - 1 apple

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

Post Lunch- Chew 1 tsp gulkand

Evening – 1 glass coconut water or 1 cup green tea

Dinner – 5 egg whites salad

Post Dinner- 1 tsp triphala with 1 glass warm water

Day 2

Early morning – 1 glass Lemon water (Take 1 glass warm water and add 1 tbsp of lemon juice)

breakfast – 1 bowl poha with all the seasonal veggies

Midmorning – 1 apple

Lunch – 1 bowl Brown rice + 1 bowl dal + salad or Pav bhaji(2-3 pav)

Post Lunch- Chew 2 pieces of cloves

Evening – 1 cup green tea with roasted foxnuts

Dinner – 2 roti + 1 bowl any sabji + salad

Post Dinner- 1 tsp triphala with 1 glass warm water

Day 3

Early morning – cucumber, lemon and mint detox water (Take 1 liter water, add ½ cucumber slices, 4 lemon slices and 7 leaves of mint)

*You can carry this at your office

breakfast – 2 moong dal chilla with any chutney of your choice

Midmorning – 4 lichi

Lunch – 1 bowl brown rice + 1 bowl rajma + salad

Post Lunch- Chew 1 tsp gulkand properly

Evening – 1 cup green tea + roasted makhana

Dinner – Cheat Meal (Anything you like)

Just take care of the portion

Post Dinner- 1 glass jeera water

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 – 1 rava dosa with 1 bowl sambhar + coconut chutney or 1 bowl upma with veggies

Midmorning - 1 apple

Lunch – 2 roti + 1 bowl any Sabji + salad

Post Lunch- Chew some pieces of fennel seeds

Evening: 1 cup green tea + roasted makhana

Dinner: 2 glass Protein rich banana and nut smoothie

Day 5

Early morning: 1 glass Fennel seed water

breakfast - 1 bowl upma with vegetables

Midmorning - 1 glass lemon water

Lunch – 2 roti + 1 bowl any Sabji + Salad

Evening: Green tea+ handful of Makhana

Dinner: 2 roti + 1 bowl any sabji + salad

Post dinner- 1 tsp triphala with 1 glass water

Day 6

Early morning – 1 glass coriander seeds + cumin seeds + fennel seeds water(Boil each seed in 1 tsp of water and consume it lukewarm)

Breakfast – 2 vegetable Sandwiches

Midmorning - 1 seasonal fruit

Lunch – 2 roti + 1 bowl any Sabji + salad

Post Lunch- chew 1 tsp gulkand

Evening -1 cup green tea and roasted Makhana

Dinner – 2 glass mango smoothie

Day 7

Early morning – 1 glass Tulsi water

Breakfast – Idli + sambhar or 2 moong dal chilla with mint chutney

Midmorning - 1 seasonal fruit

Lunch – Wheat Pasta with vegetables

Evening - 1 cup green tea + Makhana

Dinner – 2 roti + 1 bowl dal + salad

Post dinner- 1 cup moon milk

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