

WEEK 1 (10/6/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
5.30-7am	One glass of water + lemon water +Pinch of dalchini powder		
Before gym	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Rava 30gm+ panner20gm Vegetable 150-200 gm Vegetable upma One boiled egg white	Moong dal 50gm Vegetable 150-200gm Moong dal vegetable Appe or Moong dal idli One boiled egg white	Poha 30gm +Black chana 20gm steamed sauté usal vegetable 150-200gm Poha One boiled egg white
12-1	COCONUT WATER/lemon water/buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm+Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
	One handful phutana	One handful roasted jawar lahi	One handful makhana
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
7.00-7.30	Dalia 40gm+ moong dal 30gm Vegetable 150+200gm Make Dalia moong dal vegetable khichdi	Oats 40gm+ panner 30gm Vegetable 150+200gm	Chicken 100gm (4 medium sized pieces in very less oil) +Two roti+ vegetable salad
10-10.30	Milk 100ml turmeric		

WEEK 2 (15/4/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
5.30-7am	One glass of water + lemon water +Pinch of dalchini powder		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	4-5 besan dhokla Two boiled egg white	Moong dal sprouts 50gm Vegetable Aape Two boiled egg white	Besan 50gm vegetable 150-200gm chilla and vegetable Two boiled egg white
12-1	Butter milk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (80gm) roti Dal 20gm Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
	One handful peanut	One handful phutana	One handful makhana
5-5.30 6PM	Fruits 100gm ONE CUP GREEN TEA		
7.00-7.30	Roti 50gm+ three egg white Vegetable 150+200gm Make eggs vegetable bhurji and one roti	Ragi roti 50gm+ chicken 4 pieces sabji Vegetable 150+200gm	Rice 40gm and Soya granules 30gm vegetable sabji

10-10.30	Milk 100ml turmeric
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WEEK 3 (22/4/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
5.30-7am	One glass of water + lemon water +Pinch of jeera powder		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Mots 30gm Vegetable 150-200 gm Two boiled egg white	Masoor sabut Sprouts 30gm Vegetable 150-200gm Steamed soaked and sauteed Two boiled egg white	Black chana 30gm steamed sauté usal vegetable 150- 200gm Two boiled egg white
12-1	buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (80gm) roti Dal 20gm +Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
	One handful peanut	One handful roasted jawar lahi	One handful makhana
5-5.30	Fruits 100gm		
6PM	ONE CUP GREEN TEA		

7.00-7.30	Rice 50gm+ three egg white Vegetable 150+200gm Make eggs vegetable pulao	One jawar roti 50gm+ panner 50gm Vegetable 150+200gm bhurji	Chicken 100gm Rice 30gm vegetable 100gm Chicken pulao
10-10.30	Milk 100ml turmeric		

WEEK 4 (29/4/23)

Timing	Monday/Wednesday/ Saturday	Tuesday/ Thursday	Friday /Sunday
5.30-7am	One glass of water + lemon water +Pinch of jerra powder		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	barbati 30gm+ Vegetable 150-200 gm Vegetable salad One egg white	Moong Sprouts 30gm Vegetable 150-200gm Steamed soaked and sauteed One egg white	Black Chana Steamed soaked and sauteed Vegetable 150- 200gm One egg white
12-1	buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		

	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Oats 30 roti Egg bhurji three egg white Vegetable 100-200gm	Masoor 50gm+ panner 50gm Vegetable 150+200gm masoor and panner vegetable chilla	Ragi 30gm +besan 50gm vegetable chilla + chnana dal chutney
10-10.30	Milk 100ml turmeric		

WEEK 5 (6/5/23)

Timing	Monday/Wednesday Saturday liquid day	Tuesday/ Thursday/ Sunday	Friday egg day
5.30-7am			
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	choely 30gm Vegetable 150-200 gm Vegetable salad One egg white	Rajhma Sprouts 30gm Vegetable 150-200gm Steamed soaked and sauteed One egg white	Three egg whites' vegetable omelettes
12-1	Buttermilk+ one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		Rice 50gm+ three egg white Vegetable 150+200gm Make eggs vegetable pulao

	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Moong dal 60gm vegetable chilla and pudina chutney	One jawar roti 50gm+ panner 50gm Vegetable 150+200gm bhurji	One roti Vegetable 3 egg white bhurji
10-10.30	Milk 100ml turmeric		

WEEK 6 (13/5/23)

Timing	Monday/Wednesday Saturday fruit day	Tuesday/ Thursday/ Sunday	Friday / Sunday
5.30-7am	One glass of water + lemon juice one spoon +one spoon of saunf soaked overnight		
7.00-7.30		7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon
10 am	Milk 100ml a7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon and fruit 100gm One egg white	Three egg whites' egg vegetable 100-150gm omelette	Milk and fruit
12-1	Buttermilk+ one spoon 10gm chia seeds		

1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	Jawar / Bajra /Ragi/ Wheat / (60gm) roti Dal 20gm Sabji one plate		Rice 50gm+ choely 50gm 150+200gm vegetable Make vegetable pulao
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30 6PM	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds) ONE CUP GREEN TEA		
7.00-7.30	Masoor dal 80gm vegetable chilla and pudina chutney	two roti choely 50gm Vegetable 150+200gm sabji	two roti Soya granules 30gm vegetable bhurji
10-10.30	Milk 100ml turmeric		

WEEK 7 (20/5/23)

Timing	Monday/Wednesday Saturday fruit day	Tuesday/ Thursday/ Sunday	Friday / Sunday
5.30-7am	One glass of water + lemon juice+ dhania seeds soaked overnight		

10 am	Milk 50 ml and fruit 100gm 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon	Milk 50ml and fruit 100gm 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon	Three egg whites' boiled egg vegetable 7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon
12-1	Buttermilk+ one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	Moong dal 60gm vegetable chilla and pudina chutney	Besan 60gm vegetable chilla and pudina chutney	Choely 30gm and panner 20gm Vegetable salad
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Mot sprouts +soya chunk 30gm Vegetable salad	Rajhma 30gm and panner 30gm salad	Four eggs white + oats 30gm chilla
10-10.30	Vegetable soup		

WEEK 8 (27/5/23)

Timing	Monday/Wednesday Saturday fruit day	Tuesday/ Thursday/ Sunday	Friday / Sunday
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5.30-7am	One glass of water + lemon water + dhania seeds soaked overnight +7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
	Protein supplement one scoop post workout		
10 am	Two egg whites' boiled egg vegetable	Two egg whites' boiled egg vegetable	Two egg whites' boiled egg vegetable
12-1	Buttermilk+ one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	Soya granules 40gm vegetable chilla and pudina chutney	Masoor 60gm vegetable chilla and pudina chutney	Rice 30gm and choely 40gm Vegetable salad
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Chicken or fish 200gm steamed or grilled Vegetable salad	Mot sprouts 30gm and soya chunck sauteed 30gm salad	Four eggs white + oats 30gm chilla
10-10.30	Vegetable soup		

WEEK 10 (10/6/23)

Timing	Monday/Wednesday Saturday liquid day	Tuesday/ Thursday/ Sunday	Friday egg day
5.30-7am	Water one glass and lemon juice + one spoon of methidana soaked overnight		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Protein supplement		
12-1	Buttermilk+ one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	One roti Dal 30gm vegetable bhaji		Rice 30gm+ three egg white Vegetable 150+200gm Make eggs vegetable pulao
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		

7.00-7.30	Chicken or fish 200gm steamed or grilled Vegetable salad without oil	Chicken or fish 200gm steamed or grilled Vegetable salad without oil	Chicken or fish 200gm steamed or grilled Vegetable salad without oil
10-10.30	Vegetable soup		

WEEK 11 (17/6/23)

Timing	Monday/Wednesday Saturday	Tuesday/ Thursday/ Sunday	Friday egg day
5.30-7am	Water one glass and lemon juice + one spoon of jeera soaked overnight		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Protein supplement		
12-1	Buttermilk+ one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		
2.00-2.30	Jawar / Bajra /Ragi/ Wheat / (30gm) roti Dal 30gm Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		

5-5.30	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Moong dal 60gm vegetable smabhar	Oats 30gm + three eggs white Vegetable 150+200gm upma	Sawai 30gm soya granules 30gm vegetable salad
10-10.30	Vegetable soup		

WEEK 12 (24/6/23)

Timing	Monday/Wednesday Saturday	Tuesday/ Thursday/ Sunday	Friday egg day
5.30-7am	Water one glass and lemon juice + one spoon of jeera soaked overnight		
7-8.30am	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
10 am	Protein supplement + two egg white		
12-1	Buttermilk+ one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200gm+ Curd one katori		

2.00-2.30	Jawar / Bajra /Ragi/ Wheat / (30gm) roti Dal 30gm Sabji one plate		
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Rice 30gm + 30g moong dal vegetable khichadi kadhi	Dalia 30gm + moong 30gm Vegetable 150+200gm upma	Rice 30gm soya granules 30gm vegetable salad
10-10.30	Vegetable soup		

WEEK 13 (1/7/23) Week 13 Maintenance plan

7.30 am

One glass of lukewarm water and one pinch of jeera powder

5-6almond and walnut One anjeer, 3-4 manuka

9-10 am Breakfast

One handful of

Soaked and steam

1)moong/2) mot/3) barbati/

4)black chhana add lots of vegetables

Or

5)vegetable poha (one handful)

6) vegetable upma (one handful)

**7) Two boiled egg (one white one full) vegetables salad
and vegetables salad 100gm**

11.30: buttermilk /chia seeds water /coconut water

Lunch 1.30-2.30

Vegetables salad and curd one katori

3pm

One Jawar roti/two wheat roti /multi grain atta roti (60-70gm)

dal and Sabji

4.30 pm fruit

Dinner 7.00-8pm

1) Two roti dal and Sabji and salad Or

2) Three moong dal chilla with vegetables salad and tomatoes chutney Or

3) Dalia one katori 40gm+Moong dal 20gm +Vegetable100+150gm make khichadi Or

4)3 Oats chilla with vegetables salad and tomatoes chutney Or

5) 4 normal idli and vegetables sambhar lots of vegetables have sambhar as much as you want Or

6) Two plain dosa and vegetables sambhar add lots of vegetables sambhar add

7) Oats 50gm+Moong 30gm

vegetable Upma Vegetables salad

10.30 pm one small katori vegetable soup/one cup of milk without sugar

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कुछ महत्वपूर्ण सूचनाएं

१. हमेशा कम चरबीयुक्त अथवा बिना चरबी वाले पदार्थों का सेवन करें। दूध से निर्मित पदार्थों का सेवन कम करें। आहार में ज्यादा से ज्यादा फल, हरी सब्जियाँ, अंकुरित दालों का उपयोग करें।

२. नमकीन पदार्थ जैसे आलुचिप्स, मुंगफल्ली, काजू, पॉपकॉर्न इनका सेवन ना करें।

३. चरबी न बढ़ाते हुए भोजन का स्वाद भी बरकरार रखने वाले खाना पकाने के तरिकों का उपयोग करें।

अ) माईक्रोवेव मे उबालके, भुंजके, बेक करके भोजन करें।

ब) खाना पकाने के लिए Non-Stick बर्तनों का ही उपयोग करें।

क) वनस्पती तेलों में नारियल, पाम तेल, डालडा (जो आम तौर पर बाजार में बनी हुई चीजों में रहता है)

इनका उपयोग ना करे। इससे खून में कोलेस्ट्रॉल की मात्रा बढ़ती हैं।

४. बाजार में उपलब्ध प्रक्रिया की हुई चीजें जैसे अचार, डिब्बे में बंद फल, सूप, फलों का रस, केचप इनका सेवन ना करें।

५. खाने में उपर से नमक का प्रयोग ना करें। खाना पकाते समय नमक का प्रयोग कम करें। खाते वक्त अलग से नमक ना लें। स्वाद के लिए मसाले (तेजपान, कलमी, काली मिर्च, जीरा) निंबु आदी का उपयोग करें।

६. दिन में दो बार पेटभर भोजन करने के बजाय पूरे दिन का भोजन पांच-छः हिस्सों में बाँट लें।

७. खुद को ज्यादा देर भूखा न रखें। खाना खाने के बाद बिच मे भुख लगने पर हलका-फुलका आहार ले सकते है, जैसे की निंबू पानी, चाय, कॉफी (बिना शक्कर) सलाद, मुरमुरा, हरी सब्जियाँ इत्यादि।

जीवन में तनाव को दूर रखें। तनाव दूर रखने के कुछ उपाय :

अ) तनाव निर्माण करने वाली परिस्थितियों से दूर रहें।

ब) जिन कारणों से तनाव निर्माण होता है, उन परिस्थितियों को देखने का कोशिश करें।

अपना नजरियाँ बदलने की

क) तनाव में अपने आपको सहज रखने की कोशिश करें। ऐसे शारीरिक श्रम न करें जिससे तनाव पैदा हो ।

९. रोजमर्रा के जीवन में व्यायाम को अपने नियमित जीवन का हिस्सा बनाईये। लिफ्ट के बजाए सिडियों का प्रयोग करें, वाहन की जगह पर साइकिल का उपयोग करें। आसपास की जगहों पर पैदल ही जाए।

भोजन के बाद थोडा टहलिए। अगर इन छोटी-छोटी बातों पर ध्यान दे तो व्यायाम सहज रूप से हो जाता है।

१०. दिन भर के चुस्ती फुर्ती के लिये अपना सुबह का नाश्ता अच्छा ले ना की रात का खाना।

११. रात का खाना सोने से २ घंटे पहले लें।

१२. हरी, पीली तथा नारंगी सब्जियाँ तथा फल बढ़ाये और जिवन में सदा के लिये अपनाये रखीये।

१३. खून में शक्कर की मात्रा कम होने (Hypoglycaemia) के लक्षण : थकावट, कमजोरी, पसीना आना, धडकन बढ़ना, सिरदर्द, भूख बढ़ना ।

उपाय : तुरन्त २-३ बिस्किट, फल, फलोंका रस, ग्लुकोज या २ चम्मच शक्कर खाये और अपने डॉक्टर से संपर्क करे.

१४. खाने के बिच में भूख लगने पर खा सकने वाले पदार्थ : फल, (सेब, संत्रा, मोसंबी, पपीता (एक फांक), तरबुजा (एक फांक), अमरुद, जामुन, अननस (दो फांक), सलाद (पत्तागोबी, ककडी, प्याज, गाजर, मुली, टमाटर, शिमला मिर्च, पत्तेदार सब्जियाँ) चाय, निंबूपानी (बगैर शक्कर का), सब्जियों का सूप, उबली हुई सब्जियाँ, आवला, अननस (२ फांक) ।

१५. आहार तज्ञ द्वारा बतायी गयी मात्रा में लेनेवाले पदार्थ : आटा, चावल, दाल, अंकुरित दालें, मसाले, दालचीनी, अंडे का सफेद हिस्सा, दही, पनीर, चिकन, मछली, इलायची, हलदी, अद्रक, धनिया (इनका उपयोग स्वाद के लिये किया जा सकता है) इ. ।

१६. परहेज के पदार्थ : आईसक्रिम, केक, पेस्ट्री, सुखमेवा, आम, केला, सिताफल, चिकू, खजूर, दारू (मदिरा), शक्कर, शहद, गुड, ग्लुकोज, सिरप, सभी प्रकार का मीठा भोजन, भैस का दूध और दूध से बने व्यंजन, मखखन, मलाई, घी, डालडा, अंडे का पिला हिस्सा, तले हुए पदार्थ, मैदे से बने पदार्थ, पापड, तेल से बने अचार, चना, साबूदाना, शकरकंद, अरबी, सुरण।