



NUTRI VIBES

A complete wellness platform

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------------------|---|--|--|--|--|-----------------------------------|----------------------------------|
| EARLY MORNING | Green juice + 5 almonds over night soaked | | | | | | |
| BREAKFAST | Smoothie | Moong daal cheela | 100 Gms paneer + 1 small katori poha | Smoothie | Paneer sandwich 2 | Vegetable upma 1 quarter plate | Bread pizza 1 |
| MID MORNING | 100 gms fruit with buttermilk | 100 gms fruit with buttermilk | 100 gms fruit with buttermilk | 100 gms fruit with buttermilk | 100 gms fruit with buttermilk | 100 gms fruit with buttermilk | 100 gms fruit with buttermilk |
| LUNCH | Samak cheela 1 + raita 1 bowl + 1 plate salad | 1 bowl rajma + 1 katori rice + 1 plate salad | 1 bowl dal + 1 katori rice + 1 plate salad | 1 bowl kadhi + 1 katori rice + 1 plate salad | 1 moong dal cheela + 1 bowl curd + 1 plate salad | Vegetable pasta 1 plate + Salad | Dosa 2 + sambhar + 1 plate salad |
| POST LUNCH | Green tea | Green tea | Green tea | Green tea | Green tea | Green tea | Green tea |
| EVENING | Sattu drink + Fruit 100 gms | | | | | | |
| DINNER | Makhana chat + 1 plate sautéed veggies | Nutrella kebab 4 + 1 plate sautéed veggies | 1 bowl daal + 100 gms paneer + 1 plate salad | Smoothie + 1 katori boiled sprouts | Chickpea salad 1 bowl | Curd rice 1 quarter plate + Salad | 1 bowl oats with milk |



**POST
DINNER**

Methi kaali jeeri
ajwain powder
½ tsp with
water

Methi kaali
jeeri ajwain
powder ½
tsp with
water

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jeeri ajwain
powder ½ tsp
with water

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ajwain powder ½
tsp with water

Stay Motivated ! 😊

