

Dr. Datta Ambekar

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Abhinav Shah

Date: 19 Jul 2023

38.4 yrs, Male, Weight: 93.5 kg, Height: 164 cm, BMI: kg/m², Medical condition: HTN, Allergies: N/A

10 Days Diet Plan

Diet 1

07:30 **Early Morning As Wake Up**
AM **Apple Cider Vinegar With Water Without Sugar** - 1.0 Tbsp
Take alternate Day Regular Tea

09:30 **Morning Meal**
AM **Multigrain Roti Without Oil** - 1.0 Regular Size
Mixed Vegetable Curry - 1.0 Medium Bowl
Moong Dal With Less Oil - 1.0 Large Bowl
Buttermilk With Black Salt - 1.0 Medium Glass
Tomato Cucumber Salad - 1.0 Medium Bowl
Medium 70 Gm Flour

03:00 **Lunch**
PM **Vegetable Oats Upma** - 1.0 Medium Bowl
Almonds - 1.0 g
Cow Ghee - 1.0 Tsp
Boiled Mixed Vegetables - 1.0 Medium Bowl

04:00 **Mid Evening**
PM **Mixed Fruit Bowl** - 1.0 Large Bowl
Mixed Nuts - Almond, Raisin, Cashewnut, Pista, Walnut - 2.0 Tbsp
Green Tea Without Sugar - 1.0 Medium Cup

08:00 **Dinner**
PM **Rajma Curry With Oil** - 3.0 Tbsp
Soyabean Dry Vegetable With Oil - 1.0 Small bowl
Mixed Vegetable Salad Without Dressing - 1.0 Medium Bowl
Chapati Without Oil - 2.0 Regular Size
Chia Seeds Water - 1.0 Tbsp

*Chia seeds 1 Spoon in 100ml water Soak 15 min.
Have Ravjama Or Soyabeal alternate Days .*