



NAME: SHAIL DEVI

Quantity measures

- One plate: 300gm
- One bowl: 150gm
- One bowl / one katori: 200 gm approx.
- One teaspoon: 5gms *tsp*
- One tablespoon: 15gms *tbsp.*
- Soup bowl: 300 gm approx.

Multigrain atta: whole chana , soya flour, whole wheat all equal (If gluten intolerance then replace wheat flour with ragi or jawar or bajra)

Or **keto atta:**[\(link\)](#)

Daily Routine:

1. **Wake up drink:** 1 glass overnight soaked 1 tsp fenugreek seeds (methi dana) water.
2. **Fruit that can be consumed :** apple/ papaya/pear / orange / mosambi / kharbuja /watermelon / muskmelon/ kiwi/ dragon fruit / guava
3. **Avoid :** Banana, chiku, mango ,custard apple, potato, arbi , sweet potato , raw banana vegetable, lichi, grapes , kathal , milk , curd, paneer, red meat, egg yolk.

MEAL PLAN

Day 1:

Breakfast: 10 almond & 3 walnut+1 glass smoothie(cucumber,carrot,apple)+1 tsp mixed nuts (sunflower seeds, flax seeds, pumpkin seeds)

Lunch: 1 plate salad ([recipe link](#)) + 2 keto atta paratha([recipe link](#)) + 1 bowl dal + 1 bowl sabzi + 1 glass Buttermilk

Snack: 50g nuts (boiled peanuts or roasted chana)

Dinner: 1 plate salad ([recipe link](#))+ 3 keto atta with lauki paste roti([recipe link](#)) + 1 bowl sabzi

Day 2:

Breakfast: 1 bowl dalia with vegetables ([recipe link](#)) + 1 any fruit + 10 almonds + 3 walnuts

Lunch: 1 plate salad ([recipe link](#))+ 2 keto atta paratha([recipe link](#)) + 1 bowl dal + 1 bowl sabzi + 1 glass Buttermilk

Snack: 1 bowl boiled sprouts with salad

Dinner: 1 plate salad ([recipe link](#))+ 3 keto atta with lauki paste roti([recipe link](#)) + 1 bowl sabzi

Day 3:

Breakfast: 2 moong dal chilla with veggies([recipe link](#)) + 4 almond +3 walnuts + 1 cup green tea (150ml)

Lunch: 1 plate salad ([recipe link](#))+ 2 keto atta paratha([recipe link](#)) + 1 bowl dal + 1 bowl sabzi + 1 glass Buttermilk

Snack: 2 tandoori broccoli or palak pakore ([recipe link](#))

Dinner: 1 plate salad ([recipe link](#)) + 3 keto atta with lauki paste roti([recipe link](#)) + 1 bowl sabzi + 1 bowl dal

Day 4:

Breakfast: 1 plate sprouted salad with 1 tsp mixed nuts (sunflower seeds, flax seeds, pumpkin seeds) + 1 cup green tea + 10 almonds + 3 walnuts

Lunch: 1 plate salad ([recipe link](#)) + 2 keto atta paratha([recipe link](#)) + 1 bowl dal + 1 bowl sabzi + 1 glass Buttermilk

Snack: 50g nuts (boiled peanuts or roasted chana)

Dinner: 1 plate salad ([recipe link](#)) + 2 keto atta with loki paste roti([recipe link](#)) + 1 bowl sabzi

Day 5:

Breakfast: 1 bowl dalia with vegetables ([recipe link](#)) + 1 any fruit + 10 almonds + 3 walnuts

Lunch: 1 plate salad ([recipe link](#)) + 2 keto atta paratha([recipe link](#)) + 1 bowl dal + 1 bowl sabzi + 1 glass Buttermilk

Snack: 1 bowl boiled sprouts with salad

Dinner: 1 plate salad ([recipe link](#)) + 2 keto atta loki paste roti([recipe link](#)) + 1 bowl sabzi

Day 6:

Breakfast: 4 almond & 2 walnut + 1 glass smoothie(cucumber,carrot,apple) + 1 tsp mixed nuts (sunflower seeds, flax seeds, pumpkin seeds)

Lunch: 1 plate salad ([recipe link](#)) + 3 keto atta paratha([recipe link](#)) + 1 bowl dal + 1 bowl sabzi + 1 glass Buttermilk

Snack: 1 bowl boiled sprouts with salad

Dinner: 1 plate salad ([recipe link](#)) + 3 keto atta with lauki paste roti([recipe link](#)) + 1 bowl sabzi

Day 7:

Breakfast: 2 moong dal chilla with veggies([recipe link](#)) + 4 almond +3 walnuts + 1 cup green tea (150ml)

Lunch: 1 plate salad ([recipe link](#)) + 3 keto atta paratha([recipe link](#)) + 1 bowl dal + 1 bowl sabzi + 1 glass Buttermilk

Snack: 50g nuts (boiled peanuts or roasted chana)

Dinner: 1 plate salad ([recipe link](#)) + 3 keto atta with lauki paste roti([recipe link](#)) + 1 bowl sabzi

Day 8:

Breakfast: 1 bowl dalia with vegetables ([recipe link](#)) + 1 any fruit + 10 almonds + 3 walnuts

Lunch: 1 plate salad ([recipe link](#)) + 3 keto atta paratha([recipe link](#)) + 1 bowl dal + 1 bowl sabzi + 1 glass Buttermilk

Snack: 1 bowl boiled sprouts with salad

Dinner: 1 plate salad ([recipe link](#)) + 3 keto atta with lauki paste roti([recipe link](#)) + 1 bowl sabzi

Day 9:

Breakfast: 1 plate sprouted salad with 1 tsp mixed nuts (sunflower seeds, flax seeds, pumpkin seeds) + 1 cup green tea + 10 almonds + 3 walnuts

Lunch: 1 plate salad ([recipe link](#)) + 3 keto atta paratha([recipe link](#)) + 1 bowl dal + 1 bowl sabzi + 1 glass Buttermilk

Snack: 2 tandoori broccoli or palak pakore ([recipe link](#))

Dinner: 1 plate salad ([recipe link](#)) + 3 keto atta with lauki paste roti([recipe link](#)) + 1 bowl sabzi

Day 10:

Breakfast: 2 moong dal chilla with veggies([recipe link](#)) + 4 almond + 3 walnuts + 1 cup green tea (150ml)

Lunch: 1 plate salad ([recipe link](#)) + 3 keto atta paratha([recipe link](#)) + 1 bowl dal + 1 bowl sabzi + 1 glass Buttermilk

Snack: 50g nuts (boiled peanuts or roasted chana)

Dinner: 1 plate salad ([recipe link](#)) + 3 keto atta with lauki paste roti([recipe link](#)) + 1 bowl sabzi

Day 11:

Breakfast: 4 almond & 2 walnut + 1 glass smoothie(cucumber,carrot,apple) + 1 tsp mixed nuts (sunflower seeds, flax seeds, pumpkin seeds)

Lunch: 1 plate salad ([recipe link](#)) + 3 keto atta paratha([recipe link](#)) + 1 bowl dal + 1 bowl sabzi + 1 glass Buttermilk

Snack: 1 bowl boiled sprouts with salad

Dinner: 1 plate salad ([recipe link](#)) + 2 keto atta lauki paste roti([recipe link](#)) + 1 bowl sabzi

Day 12:

Breakfast: 2 moong dal chilla with veggies([recipe link](#)) + 4 almond + 3 walnuts + 1 cup green tea (150ml)

Lunch: 1 plate salad ([recipe link](#)) + 3 keto atta paratha([recipe link](#)) + 1 bowl dal + 1 bowl sabzi + 1 glass Buttermilk

Snack: 2 tandoori broccoli or palak pakore ([recipe link](#))

Dinner: 1 plate salad ([recipe link](#)) + 3 keto atta with lauki paste roti([recipe link](#)) + 1 bowl sabzi + 1 bowl dal

Day 13:

Breakfast: 1 plate sprouted salad with 1 tsp mixed nuts (sunflower seeds, flax seeds, pumpkin seeds) + 1 cup green tea + 10 almonds + 3 walnuts

Lunch: 1 plate salad ([recipe link](#)) + 3 keto atta paratha([recipe link](#)) + 1 bowl dal + 1 bowl sabzi + 1 glass Buttermilk

Snack: 50g nuts (boiled peanuts or roasted chana)

Dinner: 1 plate salad ([recipe link](#)) + 2 keto atta with lauki paste roti([recipe link](#)) + 1 bowl sabzi

Day 14:

Breakfast: 1 bowl dalia with vegetables ([recipe link](#)) + 1 any fruit + 10 almonds + 3 walnuts

Lunch: 1 plate salad ([recipe link](#)) + 3 keto atta paratha([recipe link](#)) + 1 bowl dal + 1 bowl sabzi + 1 glass Buttermilk

Snack: 1 bowl boiled sprouts with salad

Dinner: 1 plate salad ([recipe link](#)) + 3 keto atta with lauki paste roti([recipe link](#)) + 1 bowl sabzi

Stay healthy

Good Luck

Dietitian Mansi