

# Nutritionist Trishula's Family Diet Clinic

## Udaipur, Rajasthan

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### Fat loss Diet plan of manojji

Age :39

Weight: 99(100)

Height : 174cm

- e.morning: take lukewarm water 2 glasses before going to gym have 6 soaked almond 2 walnut.
- After gym have 8am : 1 glass sattv water( in a 1 glass water add 2 spoon sattv powder add pudina powder and pinch of salt and jeera).
- Salad before 20 minutes of lunch.
- Evening 4pm to 5pm: small bowl roasted chana/roasted makhana/kumura bhek /popcorn/1 fruit.
- Bed time : cinemon ginger tea.

#### Day1

Breakfast 9am to 9.30am	1 apple with 1 spoon pea nut butter+2 slices papaya
Midmeal 11am	Red juice ( half beet root + 1 carrot + half apple )
Lunch 12.30to 1.30	1 bowl salad bran roti + 1 bowl daal + green sabji 1 glass buttermilk
Dinner 6.30pm to 7.30pm	Salad sama rice vegetable khichdi

#### Day2

Breakfast 9am to 9.30am	Paneer paratha with mint chatni
Midmeal 11am	Red juice/ apple
Lunch 12.30to 1.30	Salad bran roti (2) + 1 bowl daal+green sabji buttermilk (without salt)
Dinner 6.30pm to 7.30pm	Vegetabe soup (incude paneer slices)+moong daal vegetable daliya(70%vegetable+30%daliya)

#### Day3

Breakfast 9am to 9.30am	Vegetable poha (30%poha+70%vegetable)
Midmeal 11am	Red juice/ apple /papaya
Lunch 12.30to 1.30	Salad bran roti + green moong daal palak mix buttermilk
Dinner 6.30pm to 7.30pm	salad + vegetable soup + sauted vegetable with paneer cubes(homemade paneer 60gm)