

1st WEEK DIET PLAN CUSTOMISED FOR weight loss

DATE: 13 /dec/2023

CLIENT NAME: Pavani

Age - 13 yrs

Weight - 75 kg

	Day 1	Day 2	Day 3
EARLY MORNING (6 AM)	1 glass apple cider juice (½ apple cut into pieces with peel add 1 .5 glass water , 1 long, 1 elaichi , & 1 inch cinnamon stick boil it till left water 1 glass squeeze lemon . strain juice drink it lukewarm . (daily)		
At 7 am	Carry 1 apple daily & eat it		
At 10 am (20 min breaktime)	2-3 vegetable mix ragi idli with tomato puree	1 bowl chickpea pasta with lots of veggies	2-3 oats moong dal tikki (3 tbsp oats powder add 2 tbsp mong dal (grinded) add coriander leaves, chopped carrot make tikki) with green chutney
At (12 : 15 pm)	1 fistful baked banana chips / 1 uttapam with green chutney /baked sweet potato fries with tomato chutney		
LUNCH (3 :30 PM)	2 chapati stuffed spinach + 2 tbsp bran with 1 bowl liquidy ghiya / liquidy carrot mushroom peas sabzi + ½ cup chaach	1 bowl brown rice + 1 bowl moon dal / palak dal / palak paneer	2 methi stuffed paratha with 1 bowl mix veg sabzi + 1 bowl beetroot raita
EVENING (6 PM)	1 stick paneer tikka / bhelpuri chaat / makhana chaat (1/2 curd add 1 tbsp pre soaked chia seeds ,1/2 bowl makhana , chopped cucumber, carrot,beetroot, 1 tbsp peanuts , black salt, chaat masala)		

DINNER (8 PM)	1 frankie roll with coconut chutney (make a oats chapati , fry veggies in a pan add 1 tbsp oil in pan add veggies (2 carrot,peas, broccoli,tomato,onion,beetroot,cab bage,cucumber , coriander leaves, add salt, chilli flakes, cumin powder) spread veggies on chapati then green chutney) eat with coconut chutney	1-2 vegetable dosa with 1 bowl sambhar + 2 tbsp coconut chutney	1 -2 chapati stuffed 2 tbsp bran with 1 bowl rajma curry/ stuffed 1 capsicum / raddish & leaves bhurji/
POST DINNER	1 glass low fat milk add pinch of turmeric		

GUIDELINES:

- Walk 300 steps after every meal. & do 30 min continue jogging in eve.
- If you feel hungry eat salad, bhuna chana, roasted makhana, cucumber.
- Do not eat stale sabzis or overcook them. Always eat freshly prepared
- Eat steamed salad half an hour before the meal.
- Add hing to your sabzis if you feel bloated
- Drink plenty of water
- Avoid packaged food, junk food.
- Avoid more sugary, oily and spicy foods
- Eat properly cooked food.
- Follow the diet strictly for best result.