

Name: Ms.Geet Seth || **Age:** 14yrs || **Wt:** 87kg || **Ht:** 5'4" || **BMI:** 33.2 || **Diagnosis:** PCOD || **Duration:** 29th - 30th Dec 23 || **Next Appt:** Sat, 30th Dec 23 || **Dislike:** NA || **Preference:** Non-Vegetarian

Wake Up - Water

Luke Warm Water - 1 glass

6AM

Boil Egg (1 whole 1 white)/Apple

Soaked Almonds (7)

Soaked Walnuts (2 halves)

Breakfast (9AM)

29TH DEC: Paneer Roti (1) + Curd

30TH DEC: Multigrain Mushroom Sandwich (2)

11AM

Guava/Pomegranate/Strawberries (any one)

12:30PM

Prunes - 2



Lunch (2PM)

29TH DEC: Rajma + Brown Rice Saute With Veggies

30TH DEC: Quinoa Pulao + Curd

5:30PM

Kesar/Kachi Haldi Milk Without Sugar (1 cup)

Dinner(8PM)

29TH DEC: Chicken Hung Curd Salad

30TH DEC: Oats Roti Frankie

Points To Remember

- ❖ Eat small frequent meals, to avoid long gaps.
- ❖ Strictly follow timings as planned.
- ❖ Manage your water intake(2-3 litres).
- ❖ Avoid rice, potato, sweets, refine flour, packaged & processed, aerated drinks.
- ❖ NO BANANA, CHEEKU, GRAPES, LITCHI.
- ❖ Milk should be low fat.
- ❖ Oil/Ghee - 2 tbsp/23gm in daily cooking, not more than that.
- ❖ No citrus fruits after 6PM.
- ❖ Followup required every 5 days.
- ❖ Reminder for next diet, one day prior.



Eat to nourish your body



HEALTHAFFAIRE

By Parampreet Ahluwalia



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