

Manjunath -12 Weeks Holistic Nutrition Plan -Nutrition Plan 1 (February, 2024)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
On Waking Up						
Turmeric Water 200 ml + D rise :1 tablet +Good bug/Metabolically Lean 1 sachet	Turmeric Water 200 ml +Good bug/Metabolically Lean 1 sachet	Turmeric Water 200 ml +Good bug/Metabolically Lean 1 sachet	Turmeric Water 200 ml +Good bug/Metabolically Lean 1 sachet	Turmeric Water 200 ml +Good bug/Metabolicall y Lean 1 sachet	Turmeric Water 200 ml +Good bug/Metabolically Lean 1 sachet	Turmeric Water 200 ml +Good bug/Metabolically Lean 1 sachet
(Breakfast)						
Celery juice 150 ml + Egg white 2 nos.+ Moong dal/Besan Chila (2 nos.) with chutney	Egg white 2 nos.+ Beetroot juice 150 ml + Ragi/Plain Dosa(2 - 3no.) with chutney	Celery juice 150 ml + Egg white 2 nos.+ Idli (2 nos.) with chutney	Egg white 2 nos.+ Beetroot juice 150 ml + Rava Idli (2 - 3no.) with chutney	Celery juice 150 ml + Egg white 2 nos.+ Oats Chila (2 nos.) with chutney	Egg white 2 nos.+ Beetroot juice 150 ml + Pesarattu 2 - 3no.) with chutney	Egg white 2 nos.+ peanut butter smoothie 200 ml
Morning Snack						
Buttermilk 200 ml - 300ml/Coconut water 300 ml+Handful of nuts 20g with 1 tsp pumpkin seeds	Buttermilk 200 ml - 300ml/Coconut water 300 ml+Handful of nuts 20g with 1 tsp pumpkin seeds	Buttermilk 200 ml - 300ml/Coconut water 300 ml+Handful of nuts 20g with 1 tsp pumpkin seeds	Buttermilk 200 ml - 300ml/Coconut water 300 ml+Handful of nuts 20g with 1 tsp pumpkin seeds	Buttermilk 200 ml - 300ml/Coconut water 300 ml+Handful of nuts 20g with 1 tsp pumpkin seeds	Buttermilk 200 ml - 300ml/Coconut water 300 ml+Handful of nuts 20g with 1 tsp pumpkin seeds	Buttermilk 200 ml - 300ml/Coconut water 300 ml+Handful of nuts 20g with 1 tsp pumpkin seeds

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 pm (Lunch)	2 pm (Lunch)	2 pm (Lunch)	2 pm (Lunch)	2 pm (Lunch)	2 pm (Lunch)	2 pm (Lunch)
Millet Khichdi/Millet pulao200g + Curd 100g + Cucumber slices 50gms	Brown/Red rice 150 grams + Sambhar with greens 1 cup 150 gms + Any seasonal sabzi 1 cup 150 gms + curd – 100g +1 tsp flax seeds+ Cucumber slices 50 gms	Millet upma with veggies 150-200g +Raita 100g+1 tsp flax seeds	Brown/Red Rice(150 grams) + Pumpkin Sambhar curry 1 cup 150 gms + Any seasonal sabzi 1 cup 150gms+ curd – 100 g +1 tsp Flax seeds+ Cucumber slices 50 gms	Millet/brown rice Khichdi with veggies 200g + Curd 100 g + Cucumber slices 50 gms+1 tsp flax seeds	Brown/Red Rice 150 grams + Egg curry 1 cup 150 gms + Any seasonal sabzi 1 cup 150 gms + curd – 100 g +1 tsp Flax seeds+ Cucumber slices 50 gms	Red rice 1 cup 150- 150gms + Mix Veg curry 200g+ Curd 100g + Cucumber 10 nos.
Post Lunch	Post Lunch	Post Lunch	Post Lunch	Post Lunch	Post Lunch	Post Lunch
cup OR Coffee (sugarless) + Ditch the guilt/cookies 2	+ Ditch the guilt/cookies 2 nos.+Any seasonal fruit 1	sugar) 1 cup OR Coffee (sugarless) + Ditch the	(sugarless) + Ditch the guilt/cookies 2	(sugarless) + Ditch the guilt/cookies 2 nos.+Any	sugar) 1 cup OR Coffee (sugarless) + Ditch the guilt/cookies	Tea (with milk/no sugar) 1 cup OR Coffee (sugarless) + Ditch the guilt/cookies 2 nos.+Any seasonal fruit 1 nos.

7:00 pm (Dinner)	7:00 pm (Dinner)	7:00 pm (Dinner)	7:00 pm (Dinner)	7:00 pm (Dinner)	7:00 pm (Dinner)	7:00 pm (Dinner)
Spinach egg omlette 2 nos. +Pumpkin/Mix veg soup 200 ml (home made only)	Chicken/Fish tikka 200g +Mix veg salad (onion/tomatoes/lettuce/o lives/carrots) 150g	Spinach egg omlette 2 nos. +Pumpkin/Mix veg soup 200 ml (home made only)	Chicken/Fish tikka 200g +Mix veg salad (onion/tomatoes/lettuce/ olives/carrots) 150g	Spinach egg omlette 2 nos. +Pumpkin/Mix veg soup 200 ml (home made only)	Chicken/Fish tikka 200g +Mix veg salad (onion/tomatoes/lettuce /olives/carrots) 150g	Reward meal
Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime
CCF water 200 ml with a pinch of cinnamon powder	CCF water 200 ml with a pinch of cinnamon powder	CCF water 200 ml with a pinch of cinnamon powder	CCF water 200 ml with a pinch of cinnamon powder	CCF water 200 ml with a pinch of cinnamon powder	CCF water 200 ml with a pinch of cinnamon powder	CCF water 200 ml with a pinch of cinnamon powder

Nutritionist's Note:

- 1. Drink 2-3 liters of water
- 2. Use cold pressed oil only
- 3. Avoid/Limit wheat or traces of gluten

Blood group : O+ve

DISCLAIMER:

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Utmost care has been taken to study the stated individual ingredients in each supplement and the best possible supplements have been identified for your benefit. However, WE give no guarantee regarding the efficacy of the supplements as they are manufactured by third parties and not under our control.

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