

Nutritionist Trishula's Family Diet Clinic

Udaipur, Rajasthan

Contact-8824939206

Fat loss diet plan Surbhi jain (banswara)

Name: Surbhi jain

Age: 32

clinical data:

Weight: 76

fat loss, pre diabetic

Height: 5.5 inches(165cm)

Bmi : 27 ibw: 60 to 65

Day 1

date: 1/2/24

Timing	Meals plan	nutritions
e.morning 7.45am	Glass of lukewarm water 5 soaked almond 2 walnut	Almond good for cholesterol heart regulate blood sugar control bp/ walnut: balancing harmon increase female fertility rich in omega 3
Breakfast9.30	Boiled moong 1 bowl (add some veggies)	Moong fiber rich prevent constipation n bloating protein rich
Midmeal 11am	1 fruit (papaya/ apple/amarud)	Papaya is high in fiber low in sugar
Pre lunch 12.30pm	1 bowl of salad(cucumber, tomatoes, carrot,)	Green veggies fiber rich good for gut health
Lunch 1pm	Bran chapati 2 + moongdaal+palak buttermilk	Bran good for colon cleansing control hogh bp/ type 2 diabeties
Evening 3.30pm	Sattu water with lemon water	Sattu flushesh toxins from body
Evening 5pm	Handful of makhana/handful roasted chana	Makhana/ chana calcium protein rich
Dinner 7pm	moong daal khichdi with vegetbales (daal 30%+rice20%+50%vegetbales) 1 bowl	Khichdi easy to digest
Bed time	Cinemon ginger turmaric tea	Cinemon helps control blood sugar turmaric antiinflammation

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Day2

Timing	Meals plan	nutritions
e.morning 7.45am	Glass of lukewarm water 5 soaked almond 1 walnut	Almond good for cholesterol heart regulate blood sugar control bp/ walnut: balancing harmon increase female fertility rich in omega 3
Breakfast9.30	Milk oats (30gm oats+milk half cup+half apple+pinch of cinemon)	Oats rich in fiber, it's a gluten free
Midmeal 11am	1 fruit (papaya/ apple/amarud)	Fruits is antioxidant
Pre lunch 12.30pm	1 bowl of salad(cucumber, tomatoes, carrot,)	Rich in fiber
Lunch 1pm	Wheat roti binding with beetroot + green sabji buttermilk	Wholesome meal good for health
Evening 3.30pm	Sattu water with lemon water	Sattu flushes toxins from body
Evening 5pm	Handful of makhana/handf	Makhana/ chana calcium protein rich
dinner 7pm	Vegetable soup (2 spoon yellow moong daal+ louki tomatoes) boil it	Easy to digest
Bed time	Cinemon ginger turmaric tea	Cinemon helps control blood sugar turmaric antiinflammation

Day3

Timing	Meals plan	nutritions
e.morning 7.45am	Glass of lukewarm water 5 soaked almond 1 walnut	Almond good for cholesterol heart regulate blood sugar control bp/ walnut: balancing harmon increase female fertility rich in omega 3

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Breakfast 9.30	Boiled moong	Moong fiber rich prevent constipation n bloating protein rich
Midmeal 11am	1 fruit (papaya/ apple/amarud)	Fruits is antioxidant
Pre lunch 12.30pm	1 bowl of salad(cucumber, tomatoes, carrot,)	Rich in fiber
Lunch 1pm	Bran roti + green sabji+daal buttermilk	Wholesome meal good for health
Evening 3.30pm	Sattu water with lemon water	Sattu flushesh toxins from body
Evening 5pm	Handful of makhana/handf	Makhana/ chana calcium protein rich
dinner 7pm	Moong daal khichdi bowl of soup	Easy to diget , complete protein
Bed time	Cinemon ginger turmaric tea	Cinemon helps control blood sugar turmaric antiinflammation

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Date : 3/2/24

timing	Day4	Day5	Day6	Day7	Day8
e.morning 7.30am	Lemon drop water 1 glass with 5 soaked almond 1 walnut	Lemon drop water 1 glass with 5 soaked almond 1 walnut	Lemon drop water 1 glass with 5 soaked almond 1 walnut	Lemon drop water 1 glass with 5 soaked almond 1 walnut	Lemon drop water 1 glass with 5 soaked almond 1 walnut
Breakfast 9.30am	Red juice (beetrothalf+2 carrot+1awala)	Red juice (beetrothalf+2 carrot+1awala)	Red juice (beetrothalf+2 carrot+1awala)	Black chana bhel 1 bowl	Vegetable upma 1 plate(30gm suji +70gm veggies)
Midmeal 11am	1 fruit (papaya/apple/guava) 100gm	1 fruit (papaya/apple/guava) 100gm	1 fruit (papaya/apple/guava) 100gm	1 fruit (papaya/apple/guava) 100gm	1 fruit (papaya/apple/guava) 100gm
Lunch 1pm to 2pm	1 full plate salad jou roti+green sabji buttermilk	1 full plate salad jou roti with palak moong daal mix	1 full plate salad ragi roti with pumpkin sabji	1 full plate salad ragi roti with green sabji 1 bowl daal	1 full plate salad bajra roti with greeb sabji buttermilk
Evening 3.30pm	Sattu lemon water/ chia seeds waer with lemon drops	Sattu lemon water/ chia seeds waer with lemon drops	Sattu lemon water/ chia seeds waer with lemon drops	Sattu lemon water/ chia seeds waer with lemon drops	Sattu lemon water/ chia seeds waer with lemon drops
Evening 5pm	Handful opf makhana / chana chat with herbal tea	Handful opf makhana / chana chat with herbal tea	Handful opf makhana / chana chat with herbal tea	Handful opf makhana / chana chat with herbal tea	Handful opf makhana / chana chat with herbal tea
Dinner 7pm to 8pm	Vegetabal soup+ oats khichdi 1with veggies	Vegetable soup Oats +suji uttapam with veggies	Ragi idli with sambhar (idli3 to4)	Vegetbael ragi chila with mint chatni	Vegetable soup+ vegetable daliya
bedtime	Cinemon ginger turmaric tea	Cinemon ginger turmaric tea	Cinemon ginger turmaric tea	Cinemon ginger turmaric tea	Cinemon ginger turmaric tea

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Date : 10/2/24

timing	Day9	Day10	Day11	Day12	Day13
e.morning 7.30am	Soaked methi seeds 1 spoon glass of water in morning with 5 soaked almond 1 walnut	Soaked methi seeds 1 spoon glass of water in morning with 5 soaked almond 1 walnut	Soaked methi seeds 1 spoon glass of water in morning with 5 soaked almond 1 walnut	Soaked methi seeds 1 spoon glass of water in morning with 5 soaked almond 1 walnut	Soaked methi seeds 1 spoon glass of water in morning with 5 soaked almond 1 walnut
Breakfast 9.30am	Red juice (beetroot half+2 carrot+1awala)/ poha with veggies/syji vegetable appam with green chatni (add pudina in chatni)	Red juice (beetroot half+2 carrot+1awala/ vegetable upma (30gm upma +70gm veggies)	Palak juice Handful of palak half apple 1 awla/ besan khaman with mint chatni (khaman piece 5 to 6) no sugar	Palak juice Handful of palak half apple 1 awla/ louki muthiya with green chatni	Palak juice Handful of palak half apple 1 awla/ paneer partatha with mint chatni
Midmeal 11am	1 fruit (papaya/apple/ guava) 100gm(add spoon seeds)	1 fruit (papaya/apple/ guava) 100gm(add 1spoon seeds)	1 fruit (papaya/apple/ guava) 100gm(add 1 spoon seeds)	1 fruit (papaya/apple/ guava) 100gm(add 1spoon seeds)	1 fruit (papaya/apple/ guava) 100gm9add 1spoon seeds)
Lunch 1pm to 2pm	1 full plate salad bajra roti+paneer bhurji / green sabji buttermilk	1 full plate salad bajra roti with masoor daal + green sabji	1 full plate salad Rajma chawal Buttermil/ ajma tea (1 bowl rajma +half bowl rice 1/2tspoon ghee in rice)	1 full plate salad bran roti with paneer bhurji Ajma tea	1 full plate salad bajra roti with matar tomatoes palak mix sabji buttermilk
Evening 3.30pm	Sattu lemon water/ chia seeds waer with lemon drops	Sattu lemon water/ chia seeds waer with lemon drops	Sattu lemon water/ chia seeds waer with lemon drops	Sattu lemon water/ chia seeds waer with lemon drops	Sattu lemon water/ chia seeds waer with lemon drops
Evening 5pm	Handful of makhana / chana chat with herbal tea/ rose tea	Handful of makhana / chana chat with herbal tea/ rose tea	Handful of makhana / chana chat with herbal tea/ rose tea	Handful of makhana / chana chat with herbal tea/rose tea	Handful of makhana / chana chat with herbal tea/ rose tea
Dinner 7pm to 8pm	Sauted vegetable with paneer cubes	Sama rice with moong daal	Sauted vegetables with white chana	Louki muthiya with green chatni (bajra	Sauted vegetables with rajma (small

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	(50gm paneer home made)	khichdi with veggies		aata+jou aata+ add more veggie)	quantity of rajama/ cheat meal/ sandwich
bedtime	Sounf tea	Sounf tea	Sounf tea	Sounf tea	Sounf tea

Take 3.5 liter of water a day.

Keep moving your self.

Do walk yoga exercise regular.

Do not take tea and coffee too much.

No busciuts toast packing food items.

take every meal on time.

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Date: 16/2	Day16	Day17	Day18	Day19	Day20
e.morning 7.30am	Lemon ginger tea	Lemon ginger tea	Lemon ginger tea	Lemon ginger tea	Lemon ginger tea
Breakfast 9.30am	Black chana with chat 1 small bowl	Paneer roti with mint chatni (home made paneer)	Besan vegetable chila with mint chatni	Masala oats	Vegetable poha
Midmeal 11am	Red juice/ fruit	Red juice/ fruit	Red juice/ fruit	Red juice/ fruit	Red juice/ fruit
Lunch 1pm to 2pm	Salad jou roti binding with louki + louki ki sabji mix with chana daal Buttermilk	1 bowl of salad Moong + rice Moong 1 bowl rice half bowl	Salad curry with jou roti buttermilk	Salad oats roti with daal+ green sabji	Salad ragi roti with paneer bhurji
Evening 3.30pm	Sattu lemon water/ chia seeds waer with lemon drops	Sattu lemon water/ chia seeds waer with lemon drops	Sattu lemon water/ chia seeds waer with lemon drops	Sattu lemon water/ chia seeds waer with lemon drops	Sattu lemon water/ chia seeds waer with lemon drops
Evening 5pm	Handful opf makhana / chana chat with herbal tea/ rose tea	Handful opf makhana / chana chat with herbal tea/ rose tea	Handful opf makhana / chana chat with herbal tea/ rose tea	Handful opf makhana / chana chat with herbal tea/rose tea	Handful opf makhana / chana chat with herbal tea/ rose tea
Dinner 7pm to 8pm	Salad sama khichdi with veggies	Sauted vegetable with paneer cubes	Pumpkin soup /Vegetable daliya	Salad moong daal khichdi with veggies(grain 30%+veggies 70%)	Salad milk daliya
bedtime	Sounf tea	Sounf tea	Sounf tea	Sounf tea	Sounf tea

Do exercise regularly.....

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Date: 21/2	Day21	Day22	Day23	Day24	Day25
e.morning 7.30am	Lemon ginger tea 5 soaked almond 2 walnut	Lemon ginger tea 5 soaked almond 2 walnut	Lemon ginger tea 5 soaked almond 2 walnut	Lemon ginger tea 5soaked almond 2 walnut	Lemon ginger tea 5 soaked almond 2 walnut
Breakfast 9.30am	Milk oats	Bolied chawle chat	Besan +suji khaman with mint chatni	100gm paneer	Rajgira puff with almond milk
Midmeal 11am	Fruit guava	Fruit guava	Fruit apple	Fruit apple	Fruit papaya
Lunch 1pm to 2pm	Salad oats roti binding with paneer bhurji Buttermilk	Salad wheat roti binding with methi (thepla)with curd raita	Salad jou roti with masoor daal green sabji buttermilk	Salad black chana rainbow salad	Salad ragi roti with mix daal+green sabji
Evening 3.30pm	Sattu lemon water/ chia seeds water with lemon drops	Sattu lemon water/ chia seeds water with lemon drops	Sattu lemon water/ chia seeds water with lemon drops	Sattu lemon water/ chia seeds water with lemon drops	Sattu lemon water/ chia seeds water with lemon drops
Evening 5pm	Handfull of makhana / chana chat with herbal tea/ rose tea	Handfull of makhana / chana chat with herbal tea/ rose tea	Handfull of makhana / chana chat with herbal tea/ rose tea	Handfull of makhana / chana chat with herbal tea/rose tea	Handfull of makhana / chana chat with herbal tea/ rose tea
Dinner 7pm to 8pm	Sauted paneer with vegetables	Salad besan vegetable chila with mint chatni (add vegies cucumber+onion+carrot capsicum)	Vegetable idli (oast+suji)with chatni/ sambhar	Moong daal khichdi with veggies	Salad rice+daal uttapam with mint chatni (add veggies)
bedtime	Sounf tea	Sounf tea	Sounf tea	Sounf tea	Sounf tea

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1/3/24 vegetbale

Date: 21/2	Day26	Day27	Day28	Day29	Day30
e.morning 7.30am	Lemon ginger sounf tea 5 soaked almond 2 walnut	Lemon ginger sounf tea 5 soaked almond 2 walnut	Lemon ginger sounf tea 5 soaked almond 2 walnut	Lemon ginger sounf tea 5soaked almond 2 walnut	Lemon ginger sounf tea 5 soaked almond 2 walnut
Breakfast 9.30am	Vegetable upma (30%upma+ 70%vegetbale)	Moong daal chila wrap (stuffing paneer and veggies)	Boiled moong chat 1 small bowl	Ragi+oats chila with mint chtani	Oats smoothi
Midmeal 11am	Any one seasonal fruit/ Red / green juice	Any one seasonal fruit/ Red / green juice	Any one seasonal fruit/ Red / green juice	Any one seasonal fruit/ Red / green juice	Any one seasonal fruit/ Red / green juice
Lunch 1pm to 2pm	1 full plate of salad (very low salt add lemon drops) ragi roti with seasonal sabji buttermilk	1 full plate of salad + ragi roti + paneer bhurji	1 full plate of salad wheat roti binding with louki + besan curry	Salad ragi roti with seasonal sabji buttermilk	Salad oats roti + palak paneer
Evening 3.30pm	Sattu lemon water/ chia seeds water with lemon drops	Sattu lemon water/ chia seeds water with lemon drops	Sattu lemon water/ chia seeds water with lemon drops	Sattu lemon water/ chia seeds water with lemon drops	Sattu lemon water/ chia seeds water with lemon drops
Evening 5pm	Handfull of makhana / chana chat with herbal tea/ rose tea/popcorn/ murmura chat	Handfull of makhana / chana chat with herbal tea/ rose tea/popcorn / murmura chat	Handfull of makhana / chana chat with herbal tea/ rose tea/	Handfull of makhana / chana chat with herbal tea/rose tea	Handfull of makhana / chana chat with herbal tea/ rose tea

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			murmura chat/ popcorn		
Dinner 7pm to 8pm	Sauted vegetable +moong daal khichdi with veggies (3/4daal+rice1/4) add capsicum louki onion beans)	Vegetable tikki binding with oats+mint chatni	Milk daliya/ vegetable daliya	Masla oats with veggies	Sauted vegetable with mix daal dosa(moong daal+chana daal+masoor daal+urad daal+little rice) soaked
bedtime	Cinemon tea	Cinemon tea	Cinemon tea	Cinemon tea	Cinemon tea

Do exercise regularly.....

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Date: 21/3/24

Diet plan intermittent fasting

- e. morning: rose tea with some lemon drops/ plain water/ loushi juice/
- Breakfast 9.30am: vegetable upma / vegetable poha / uttapam+chatni/ besan oats chila with mint chatni
- Mid meal 11am: 1 bowl of fruit add pumpkin seeds+flaxseeds/ abc juice (awla beetroot carrot)
- Lunch 1pm to 2pm: 1 bowl of salad + jowar roti / bran roti / ragi roti with green sabji + daal buttermilk(add pudina jeera)
- Evening 3.30pm: chia seeds water with lemon soaked almonds 2 walnut
- Evening 5pm: according to you / 1bowl of roasted chana chat/ makhana chat/ moong chat/ popcorn chat/ sauted paneer 100gm with veggies
- Bed time: cinemom tea/ sounf tea/ ilaichi tea..