



Name	Santosh Mehta
Weight	54 kg
Date	2 nd june
Week no.	3

As u wake up – amla aloe vera juice as last week

Pre b/f- Tea with mixture and Prohence protein in some time

B/f-

Pick any one option

1. Egg and oats omelette with vegetables
2. Moong dal cheela with vegetables
3. Kala chana boiled mashed, add grated vegetables+and roasted oats, make cutlets
4. Same smoothie as last week

M/m- 1 fruit

Pre lunch- Isabgol or amway fiber

Lunch

1. Any vegetable cooked /dal/ chana/ soya veg/ paner veg+ chapati as told last week
2. Vegetable quinoa pulao
3. Idli sambhar n chutney

e/s-

Tea and peanut butter with cracker biscuits

Pre dinner- vegetable soup/dalpani with ghee in it

Dinner –

1. Hung curd sandwich
2. Paneer veg(veg more , less chapati)+ 1 chapati
3. Khichdi 1 bowl

In between if need to much , can eat peanut butter or few nuts or makhana

Walk post dinner n lunch , indoor but do it positively

