



HEALTH7

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Name: Aruna Arora
Age: 31 BMI: 31.25 Weight: 80.0
Diet Preference: Non-Vegetarian

07:30 AM

Boiled Egg(1.0 large) Curd(1.0 katori) Vegetable Poha(1.0 cup)
or
Upma (1.0 cup) Peanut Chutney(2.0 tablespoon) Curd(1.0 katori)
or
Brown Bread(2.0 slice) One Egg White and One Whole Egg Omelette(1.0 omelette) Low Fat Milk(1.0 glass)
or
Oats and Milk(1.0 cup) Mixed Nuts(2.0 tablespoon) Mixed Seeds(1.0 tablespoon)
or
Scrambled Egg(1.0 egg scrambled) Multigrain Paneer Sandwich(1.0 sandwich)
or
Besan Cheela (2.0 cheela) Tea with Milk and Sugar(1.0 teacup) Curd(1.0 katori)
or
Idli (Plain) (3.0 idli(regular)) Chana Dal Chutney(2.0 tablespoon) Kadhamba Sambar(1.0 katori)

11:30 AM

Apple(1.0 medium (3" dia))
or
Fruit and Vegetable Salad(1.5 katori)
or
Papaya(2.0 cup 1" pieces)
or
Banana(1.0 small (6" to 6-7/8" long))

01:00 PM

Roti(2.0 roti/chapati) Cabbage Subzi(1.0 katori) Chicken Keema(1.0 katori)
or
Roti(2.0 roti/chapati) Mixed Vegetable Raita(1.0 katori) Mung Beans Curry(1.0 katori)
or
Roti(2.0 roti/chapati) Fish Curry(200.0 grams) Mixed Vegetable Salad(1.0 katori)
or
Plain Cooked Rice(1.0 katori) Red Gram dal (1.0 katori) Lady's Finger Curry(1.0 katori) Paneer
Vegetable Salad(1.0 katori)
or
Roti(2.0 roti/chapati) Chole Sabji(1.0 katori) Low Fat Curd(1.0 katori) Cucumber Carrot
Salad(1.0 katori)
or
Roti(2.0 roti/chapati) Beetroot Cucumber Carrot Onion Salad(1.0 katori) Cholai ka Saag(1.0 katori)
Low Fat Curd with Chia Seeds(1.0 katori)
or
Roti(2.0 roti/chapati) Rajmah Curry(1.0 katori) Curd, Double Toned Milk(1.5 katori) Cucumber

Salad(1.0 katori)

or

Bengal Gram Dal (1.0 katori) Cauliflower Green Peas Subzi(0.5 bowl) Wheat and Oat Bran Roti(2.0 roti) Low Fat Curd(0.5 katori)

04:30 PM

Almond(3.0 almond) Lemon Cinnamon Water(1.0 glass)

or

Walnut(1.0 piece(half of one)) Apple Cider Vinegar in Warm Water(1.0 glass) Soaked Black Currant(2.0 piece)

or

Black Coffee without Milk and Sugar(1.0 cup)

or

Green Tea(1.0 tea cup)

06:00 PM

Roasted Kala Chana(3.0 tablespoon) Almonds Soaked in Water(5.0 almond)

or

Mixed Nuts(2.0 tablespoon) Tea with Low Fat Milk(1.0 teacup)

or

Pear(0.5 cup, cubes) Roasted Kala Chana(3.0 tablespoon)

or

Roasted Kala Chana(2.0 tablespoon) Threptin Biscuits(4.0 biscuit)

or

Melon, water(7.0 watermelon balls) Chole Chaat(0.5 bowl)

or

Banana, Ripe(1.0 small (6" to 6-7/8" long)) Moong Boiled(0.5 katori)

or

Brown Bread With Peanut Butter(1.5 bread slice+spread)

08:00 PM

Wheat and Oat Bran Roti(2.0 roti) Mixed Vegetable Raita with Flax Seed(1.0 katori) Scrambled Egg White with Less Oil(4.0 serve(one egg))

or

Chapati(2.0 roti/chapati) Cooked Green Gram Dal(1.0 katori) Cucumber Carrot Salad(1.0 katori) Methi ki Sabji(1.0 katori)

or

Low Fat Curd(1.0 katori) Moong Dal Dalia Khichdi with Mixed Vegetables(1.0 bowl) Corn Broccoli Beans Sprouts Bellpeppers Salad(1.0 katori)

or

Roti(2.0 roti/chapati) Bengal Gram Dal (1.0 katori) Cucumber Onion Salad(1.0 katori) Methi Sabji(1.0 katori)

or

Cooked Green Gram Dal(0.5 katori) Multigrain Roti(2.0 roti/chapati) Grilled Chicken(100.0 grams) Salad(1.0 chinese bowl(small))

or

Homemade Chicken Curry(1.0 katori) Wheat and Oat Bran Roti(2.0 roti) Onion Raita(1.5 katori) Salad(1.0 chinese bowl(small))

or

Parantha (1.0 paratha) Cooked Green Gram Dal(1.0 katori) Yogurt, plain, low fat, 12 grams protein per 8 ounce(1.0 katori) Cucumber Tomato and Carrot Salad(0.5 katori)

or

Green Chutney(1.0 teaspoon) Paneer Corn Cucumber Brown Bread Sandwich(1.0 sandwich)

10:00 PM

Turmeric(1.0 teaspoon) Toned Milk(1.0 tea cup)
or
Chamomile Tea(1.0 teacup) Mixed Seeds(1.0 tablespoon)

NOTES

Few guidelines to remember while starting to follow your diet plan.

- ✓ To accomplish your objectives, both food quantity and quality are important.
- ✓ Diet and exercise ought to complement one another.
- ✓ Timely intake of food is important.
- ✓ Consistently include at least 100g of cooked/raw vegetables in palya, kurma, salads, curries, and other dishes.

QUANTITY HELP



Katori
150ml



Small Bowl
150ml



Tea Cup
180ml



Bowl
350ml



Cup
250ml



Glass
250ml



Large Glass
350ml

Commonly asked questions

Why does my diet plan have limited options?

Your diet plan has been created ensuring a balance of easily-repeatable meals with sufficient variety so that it doesn't feel monotonous. Your Diet Coach has given you 7 options for each major meal (i.e. Breakfast, lunch, and dinner). You have also been provided 3 to 4 options for snacks that you can have between the major meals. Along with that, your coach has provided you with slight variations for each option (for example replace a vegetable/fruit with any seasonal vegetable/fruit etc). In case you need further modifications to your plan, your coach will be happy to help you. You can reach out to them via coach chat or a call.

How often will my diet plan be changed?

Your diet plan will be changed every month so that you have enough time to adapt to the diet and reap its benefits. This is done based on enough scientific research. However, if you need any modifications or variations in your diet before the 4 weeks period, your Diet Coach will be happy to help you.

Why does my plan seem monotonous?

It is perfectly normal to feel that way. The diet plan has been designed to ensure that the meals are simple enough and repeatable so you can stick to it easily. If your plan seems too monotonous you can check out the "Recipes" section of the app or ask your Diet Coach for some more variation in your plan. However, try to stick to a diet plan for the suggested amount of time to adapt to it and reap its benefits.

What can I do if my plan doesn't consider my preferences?

Your diet plan is based on the inputs shared by you and the first conversation between you and your Diet Coach. However, if you feel unhappy with your diet plan, feel free to message or book a call with your coach. They will be happy to help you out and make any necessary changes.

Why do I not see results despite following the plan?

Don't be disheartened if you don't see results immediately. Weight loss doesn't depend on diet alone, there are factors such as metabolism, sleep, stress, and more that influence the process. However, if you have been consistent with the plan but haven't been noticing results for more than a month, feel free to reach out to your Diet Coach for assistance and advice. They can help you make the necessary changes to your plan.

What do I do if I am unable to follow the plan every day due to a busy schedule?

Don't worry! Following a plan every single day might get difficult at times. Work together with your Diet Coach to come up with simple modifications that will suit your hectic lifestyle. You can try preparing your meals in advance to help you save on cooking time and deciding what to eat. Small things like portion control, including enough protein and fibre in your meals will also help if you can't follow the plan completely.