

ECONIQUE BONEMARROW FITNESS LLP

DIET CHART

Name : **Mayuri Chakraborty**

Age : **25**

Gender : **Female**

Height : Weight : **90.50**

Medical Issues (if any) : **Yes**

Food Allergy (if any) : **Lactose Intolerance**

TIME	MENU
EARLY MORNING (6:00 am)	Chia Water (over night soaked 1tsp chia seeds add in 1 glass Lukewarm water) + add lemon juice OR Soak 2tsp Methi seeds in a cup overnight and drink it in the morning.
At 7:00 am	Overnight soaked 4 Almonds, 2 Walnut, 2 Dry Dates, Green Tea.
BREAKFAST (10:00 am)	Veg Upma + Mix Veggies / Poha + Mix Veggies + Boiled Egg White : 2 OR 1 Multigrain atta roti (atta 30 g) + Mix Veggies + Boiled Egg White : 2
MID MORNING (11:00 am)	Guava / Pear / Pomegranate / Rip Papaya / Watermelon / Musambi – 2 OR Smoothe with Apple, Spinach, Oranges, Ginger OR Bowl of Fruits with Melon Seeds + Pumpkin Seeds + Coconut Pieces or Dates
LUNCH (1:30pm)	Rice ½ cup with Veggis 1 bowl + Salad + Fish – 100g / Chicken – 150g / Soyabean – 100g / Rajma + Chickpeas
MID AFTERNOON (4:00 pm)	150g Sour Curd + ½ tsp Flax Seeds
EVENING SNACKS (6:00 - 6:30pm)	Sprouts Salad (green mung + Black Chana) / Boiled Black Chana + Corn Salad / Dry Roasted Chola + Makhana mix salad + Green Tea / Coconut Water / Lemon Water
DINNER (9:00 – 10:00 pm)	Chicken Stew - 150 g + 1Tbsp Oats Powder OR Mix Veg Dal (dal - 30 g) + 100g Fish OR Mix Veg Dal (dal - 30 g) + Soyabean
BED TIME (11:00 pm)	1tsp Cumin / 1 tsp Methi / Cinnamon / water

1tsp – 5ml

1tbsp – 15 ml