

Diet Chart- By Vaibhavi Dixit

Day	Meal	Food Items	Meal Portion	Calories (kcal)
Monday	Breakfast	Dal 1 bowl+2 oats roti+1 katori salad+1 katori sabzi		480
Monday	Lunch	sauted paneer 50 grm with 1 bowl salad		200
Monday	Evening Snack	black coffee 1 cup with roasted makhana 30 gm and after half n hour 1 apple		200
Monday	Dinner	1 bowl moong dal daliya khichdi with salad		400
Monday	Bed time	ginger turmeric tea 1 cup		4
Tuesday	Breakfast	vegetable daliya 1 bowl with 50 grm curd		394
Tuesday	Lunch	chapati 2+soyabean chunks sabzi+ 1 bowl salad		500
Tuesday	Evening Snack	black coffee 1 cup with roasted makhana 30 gm and after half n hour 1 apple		200
Tuesday	Dinner	bajra roti 1 with mix veg sabzi 1 katori +salad 1 katori		370
Tuesday	bed time	ginger turmeric tea 1 cup		4
Wednesday	Breakfast	Vegetable poha 1 bowl with mixed sabzi		326
Wednesday	Lunch	vegetable fry rice with 50 grm paneer and jeera raita		380
Wednesday	Evening Snack	1 handfull of roasted nuts with coffee		150
Wednesday	Dinner	1 bowl yellow moong dal without tadka +2 roti and salad		400
Wednesday	bed time	ginger turmeric tea 1 cup		4
Thursday	Breakfast	oats and soaked chia seeds smoothie 1 glass		352
Thursday	Lunch	boiled rajma salad with mixed vegetable salad		200
Thursday	Evening Snack	1 apple or 1 medium banana		100

Thursday	Dinner	Roti 2 with paneer curry and salad 1 bowl		548
Thursday	Bed time	ginger turmeric tea 1 cup		4
Friday	Breakfast	1 bowl vegetable upma and mixed veggies		150
Friday	Lunch	1 bowl chole rice with 1 bowl salad		430
Friday	Evening Snack	1 apple or mixed fruit chat		100
Friday	Dinner	Moong dal khichdi 1 bowl and salad		394
Friday	Bed time	ginger turmeric tea 1 cup		4
Saturday	Breakfast	oats and soaked chia seeds smoothie 1 glass		352
Saturday	Lunch	mixed fruit chat 1 bowl		100
Saturday	Evening Snack	black coffee 1 cup with roasted chana 30 gm and 1 apple after half n hour		200
Saturday	Dinner	1 katori makhana kheer made with stevia		300
Saturday	Bed time	ginger turmeric tea 1 cup		4
Sunday	Breakfast	mixed vegetable stuffed paratha made with very less oil 1 pc and 50 grm curd		360
Sunday	Lunch	vegetable daliya 1 bowl with 50 grm curd		394
Sunday	Evening Snack	1 apple		80
Sunday	Dinner	50 grm sauted paneer with stir fry veggies		245
Sunday	Bed time	ginger turmeric tea 1 cup		4
Daily Totals				8500