



NAME : Iti Sehgal

**Date - July 18, 2021**

**Breakfast**

BARLEY CURD RICE

**Lunch**

JAUN ROTI + PARWAL VEG / NUTRI VEG

**Dinner**

BARLEY DALIYA

**Mid Meal**

SALAD ( SEASONAL )

**Notes**

undefined

**Date - July 19, 2021**

**Breakfast**

HARA BHARA KEBAB

**Lunch**

OATS ROTI + SPINACH

**Dinner**

SALAD SOUP / OATS IN MILK

**Combination**

SALAD ( SEASONAL )

**Notes**

undefined

**Date - July 20, 2021**

**Breakfast**

CREAMY QUINOA

**Lunch**

BROWN RICE PULAO + CURD

**Dinner**

APPLE ANAR RAITA / APPLE HALWA

**Combination**

FRUIT ( SEASONAL )

## Notes

undefined

Date - July 21, 2021

## Breakfast

ALMOND MILK COLDCOFFEE

## Lunch

OATS ROTI + PANEER BHURJI / TOFU BHURJI

## Dinner

PANEER TIKKA / SAUTE VEG

## Mid Meal

SALAD ( SEASONAL )

## Notes

undefined

Date - July 22, 2021

## Breakfast

EGG CAULIFLOWER OMELETTE

## Lunch

GRILLED FISH / GRILLED CHICKEN

## Dinner

CHICKEN SALAD / CHICKEN SOUP / SAUTE VEG

## Combination

SALAD ( SEASONAL )

## Notes

undefined

Date - July 23, 2021

## Breakfast

RAGI UPMA

## Lunch

MANGO CHIA PUDDING / RAGI CHILA + MINT CHUTNEY

## Dinner

RAGI SHEERA/ APPLE SOUP

## Combination

FRUIT ( SEASONAL )

## Notes

undefined

Date - July 24, 2021

### Breakfast

ANY DIET FROM PREVIOUS WEEK

### Lunch

CHEAT MEAL

### Dinner

ANY DIET FROM PREVIOUS WEEK

### Combination

SALAD ( SEASONAL )

### Notes

undefined

Date - July 25, 2021

### Breakfast

BESAN CHILA + CURD/MINT CHUTNEY

### Lunch

KADHI + OATS ROTI

### Dinner

DHOKLA / SAUTE VEG

### Mid Meal

SALAD ( SEASONAL )

### Notes

undefined

Date - July 26, 2021

### Breakfast

WHITE CHANA CHAAT

### Lunch

WHITE CHANA + BROWN RICE

### Dinner

SALAD SOUP / HUMMUS / LASSI

### Combination

SALAD ( SEASONAL )

### Notes

undefined

Date - July 27, 2021

**Breakfast**

OATS CHOCOLATE PANCAKE / OATS APPE + MINT CHUTNEY

**Lunch**

OATS CHILA + CURD

**Dinner**

APPLE ANAR RAITA

**Combination**

FRUIT ( SEASONAL )

**Notes**

undefined

Date - July 28, 2021

**Breakfast**

CAULIFLOWER POHA

**Lunch**

JAUN ROTI + ANY DAL

**Dinner**

BOWL FULL OF DAL + SAUTE VEG

**Mid Meal**

SALAD ( SEASONAL )

**Notes**

undefined

Date - July 29, 2021

**Breakfast**

BOILED EGGS / EGG WHITE OMELETTE

**Lunch**

OATS KNEADED ROTI WITH ONION + CURD/MINT CHUTNEY

**Dinner**

PAPAYA SMOOTHIE / JAMUN SMOOTHIE

**Combination**

FRUIT ( SEASONAL )

**Notes**

undefined

Date - July 30, 2021

**Breakfast**

JAUN KNEADED ROTI WITH ONION + CURD/MINT CHUTNEY

**Lunch**

JAUN CHILA + CURD

**Dinner**

APPLE SOUP

**Combination**

FRUIT ( SEASONAL )

**Notes**

undefined

**Date - July 31, 2021****Breakfast**

ANY DIET FROM PREVIOUS WEEK

**Lunch**

CHEAT MEAL

**Dinner**

ANY DIET FROM PREVIOUS WEEK

**Combination**

SALAD ( SEASONAL )

**Notes**

EARLY MORNING -ACV ( 10 ML ) in LUKEWARM WATER(with a pinch of black pepper)

+ 3-5 almonds (soaked & peeled) + seperate tea

BF (9-9:30) - as planned

MID MORNING(11-11:30) - fruit/salad as per combination

LUNCH (2-2:30)- as planned

EVENING(4-4:30) - Peppermint tea + stevia chocolate ( 1 cube )

LATE EVENING(6-6:30) - fruit or salad as per combination

DINNER(till 8) - as planned

POST DINNER - Chamomile tea + 2 strands of kesar + Ashwagandha tablet

DETOX WATER -GINGER MINT WATER ( BOIL FISTFUL OF MINT LEAVES IN ONE LITRE, ADD GRATED GINGER AND CONSUME IN ONE DAY )

PRE WORKOUT - BLACK COFFEE

POST WORKOUT - LEMON WATER