



NAME : Iti Sehgal

Date - Aug. 1, 2021

Breakfast

VEG OATS

Lunch

OATS ROTI + BHINDI

Dinner

OATS SMOOTHIE / OATS IN MILK

Mid Meal

SALAD (SEASONAL)

Notes

undefined

Date - Aug. 2, 2021

Breakfast

BOILED RAJMAH CHAAT

Lunch

RAJMAH + BROWN RICE

Dinner

BOILED RAJMAH CHAAT OR SAUTE VEG OR SALAD SOUP

Combination

SALAD (SEASONAL)

Notes

undefined

Date - Aug. 3, 2021

Breakfast

CREAMY QUINOA

Lunch

VEG UPMA

Dinner

BOWL FULL OF FRUITS / CREAMY QUINOA

Combination

FRUIT (SEASONAL)

Notes

undefined

Date - Aug. 4, 2021

Breakfast

BOILED EGGS / EGG WHITE OMELETTE

Lunch

GRILLED CHICKEN / ROASTED CHICKEN

Dinner

CHICKEN SALAD / CHICKEN SOUP / SAUTE VEG

Mid Meal

SALAD (SEASONAL)

Notes

undefined

Date - Aug. 5, 2021

Breakfast

BOILED EGGS / CHANNA SATTU IN CHAANCH

Lunch

JAUN ROTI + MUSHROOM

Dinner

GRILLED MUSHROOM / MUSHROOM SOUP / PANEER SALAD

Combination

SALAD (SEASONAL)

Notes

undefined

Date - Aug. 6, 2021

Breakfast

APPLE ANAR RAITA

Lunch

BESAN CHILA OR MISSI ROTI

Dinner

JAMUN OR GUAVA SMOOTHIE / BESAN CHILA

Combination

FRUIT (SEASONAL)

Notes

undefined

Date - Aug. 7, 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 luke warm water

+ 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 - LEMON RIND WATER

PRE WORKOUT - PRE WORKOUT POWDER + 4 TSP SEED MIXTURE

POST WORKOUT - GINGER TURMERIC TEA