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FREE TRIAL DIET

DAY 1

- 7:00 AM \ on waking up - 1 glass lukewarm coriander seeds water
- 7:30AM\ after 30 mins - 5 almonds, 2 walnuts, 5 raisins {soaked overnight}
- 8AM- 1 glass plain water\ coconut water
- 8:30AM- 2 green\ yellow moong dal cheela with mint chutney, 1 bowl veg raita \ buttermilk\ green tea
- 10:00AM- 1 glass water
- 11:00AM- 1 fruit - 1 apple\ pear\ guava\peach\ plums\ kiwi\ papaya\ pineapple\ banana\ orange
- 12:00PM- 1 glass mint infused water
- 1:00PM- 1 bowl sprouts salad
- 1:30PM- 1 bowl veg, 2 missi roti, 1 bowl veg raita
- 2:30PM- 1 glass water
- 4:00PM- 1 cup tea with roasted makhana namkeen
- 5:00PM- 1 glass water
- 6:00PM- 1 fruit
- 7:00PM- 1 glass water
- 8:00PM-1 bowl veg soup, 1 quarter plate green moong , veg masala khichdi
- 10:00PM- 1 cup cinnamon water

DAY2

- 7:00AM \ on waking up - 1glass lemon-honey water
- 7:30 AM \ after 30mins - 5 almonds, 2 walnuts, 5 raisins {soaked overnight}
- 8:00AM- 1 glass plain water\ coconut water
- 8:30AM- 2 boiled egg whites OR 2 egg whites & veggies omelette with 2 sour dough toasts \ 1 quarter plate veg-peanut poha with 1 glass buttermilk\ green tea
- 10:00AM- 1 glass water
- 11:00AM- 1 fruit- apple\ banana\ orange\ guava\ pear\ plum\peach\kiwi\papaya\pineapple

12:00PM-1 glass coriander infused water
1:00PM- 1 quarter plate salad
1:30PM- 1 bowl rajma, 1 bowl rice, 1 bowl veg, 1 bowl veg raita \ buttermilk
3:00 PM- 1 glass water
4:00 PM- 1 cup tea with 1 small Katori roasted makhana namkeen
5:00PM- 1 glass water
6:00PM- 1 fruit
7:00PM- 1 glass water
8:00PM- 1 bowl veg soup, 1 paneer \ chicken tikka roll
9:00 PM- 1 glass water
10:00 PM- 1 glass cinnamon water

DAY 3

7:00 AM\ On waking up- 1glass jeera infused water
7:30 AM\ after 30 mins- 5 almonds, 2 walnuts, 5 black raisins {soaked overnight}
8:00AM- 1 glass plain water\ coconut water
8:30AM- 1 hung curd & veggies sandwich with 1 cup green tea
10:00AM- 1glass water
11:00AM- 1 fruit- apple\ guava\ orange\ kiwi\ banana\ pear\ papaya\ pineapple\ plum\ peach
12PM- 1 glass lemon water
1:00PM- 1 quarter plate sprouts salad
1:30PM- 1 bowl green veg, 2 missi rotis, 1 bowl veg raita\ buttermilk
3:00 PM- 1 glass water
4:00 PM- 1 cup tea with 1 small Katori roasted makhana namkeen
5:00PM- 1 glass water
6:00PM- 1 fruit
7:00PM- 1 glass water
8:00PM- 1 bowl veg soup, 4-5 pcs lemon chicken \ 1 bowl paneer bhurji, 2 rotis
9:00 PM- 1 glass jeera water

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10:00 PM- 1 glass cinnamon water





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