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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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