

MONDAY

Breakfast:

1 bowl mixed fruits, 1 oatmeal sweetened with 1 spoon honey

Lunch:

2 roti, Green salad,
100gm Dal, 100gm paneer,
Yoghurt

Snacks:

Skimmed milk, 5 Almonds,
raisins and cashews ,1 Banana

Dinner:

Green vegetables, Brown rice
biryani/pulao- 300 gm

TUESDAY

Breakfast:

2 bread and cheese omlette /
2 cottage cheese sandwich

Lunch:

1 bowl rice, 400gm
Cucumber, 100gm Dal,
100gm Lentils, Yoghurt

Snacks:

Skimmed milk, 5 Almonds,
raisins and cashews ,1 Banana

Dinner:

Green vegetables, roti
300gm chicken/cottage cheese

WEDNESDAY

Breakfast:

2 paneer paratha, 1 greek
yoghurt, Unsweetened juice

Lunch:

1 roti, 400gm Cucumber,
100gm Dal, 100gm Lentils,
Yoghurt

Snacks:

Skimmed milk, 5 Almonds,
raisins and cashews ,1 Banana

Dinner:

Green vegetables, Brown rice
300gm chicken/cottage cheese

THURSDAY

Breakfast:

1 bowl yoghurt with granola,
Unsweetened juice

Lunch:

2 roti, Green salad,
100gm Dal, 100gm paneer,
Yoghurt

Snacks:

Skimmed milk, 5 Almonds,
raisins and cashews ,1 Banana

Dinner:

Green vegetables, Brown rice
biryani/pulao- 300 gm

FRIDAY

Breakfast:

2 bread and cheese omlette /
2 cottage cheese sandwich

Lunch:

1 bowl rice, 400gm
Cucumber, 100gm Dal,
100gm Lentils, Yoghurt

Snacks:

Skimmed milk, 5 Almonds,
raisins and cashews ,1 Banana

Dinner:

Green vegetables, Roti
300gm chicken/cottage cheese

SATURDAY

Breakfast:

2 paneer paratha, 1 greek
yoghurt, Unsweetened juice

Lunch:

2 roti, Green salad,
100gm Dal, 100gm paneer,
Yoghurt

Snacks:

Skimmed milk, 5 Almonds,
raisins and cashews ,1 Banana

Dinner:

Green vegetables, Brown rice
300gm chicken/cottage cheese

SPECIALLY CURATED DIET PLAN

TO HELP YOU ACHIEVE YOUR
FITNESS GOAL: GET FIT

