



Name : Parshavi Jindal

Age :

Diet Preference : Non Vegetarian

2024-05-23

Meal 1	07:00	Elaichi Water , Soaked Almonds
Meal 2	07:45	Black Channa Chaat
Meal 3	11:00	Chia Seed Water , any fruit
Meal 4	14:00	Oats Methi Chilla , Any Veg (W/O Alu, Arbi, Paneer, Soy)
Meal 5	16:00	All-Season Mix Fruit Bowl
Meal 6	16:30	Roasted Makhana , Sauteed Veggies , Roasted Chickpeas
Meal 7	19:00	Any Veg (W/O Alu, Arbi, Paneer, Soy) , Curd
Meal 8	20:30	Chamomile Tea

2024-05-22

Meal 1	07:00	Weight Loss Jeera Water , Soaked Almonds
Meal 2	07:45	Oats And Fruits In Milk
Meal 3	11:00	Grilled Chicken With Roasted Zucchini
Meal 4	14:00	Green Tea
Meal 5	16:00	Apple Fruit Salad
Meal 6	16:30	protein shake
Meal 7	19:00	Egg & Veggie Stir Fry
Meal 8	20:30	Chamomile Tea

2024-05-21		
Meal 1	07:00	Weight Loss Jeera Water , Soaked Almonds
Meal 2	07:45	Apple Curd Smoothie
Meal 3	11:00	Paneer Kathi Roll
Meal 4	14:00	Green Tea
Meal 5	16:00	Strawberry
Meal 6	16:30	protein shake
Meal 7	19:00	Whole Wheat Vegetable Pasta
Meal 8	20:30	Chamomile Tea

2024-05-20		
Meal 1	07:00	Weight Loss Jeera Water , Soaked Almonds
Meal 2	07:45	Banana Curd Smoothie
Meal 3	11:00	Chana Chaat
Meal 4	14:00	Green Tea
Meal 5	16:00	Raw Papaya Salad
Meal 6	16:30	protein shake
Meal 7	19:00	Chocolate Peanut Butter Pudding , Oats Chia Seed Pudding
Meal 8	20:30	Chamomile Tea

2024-05-19		
Meal 1	07:00	Weight Loss Jeera Water , Soaked Almonds
Meal 2	07:45	Avocado Toast
Meal 3	11:00	Hung Curd Sandwich
Meal 4	14:00	Green Tea

2024-05-19		
Meal 5	16:00	All-Season Mix Fruit Bowl
Meal 6	16:30	protein shake
Meal 7	19:00	Egg White Bhurji
Meal 8	20:30	Chamomile Tea

2024-05-18		
Meal 1	07:00	Weight Loss Jeera Water , Soaked Almonds
Meal 2	07:45	Avocado Blueberry Smoothie
Meal 3	11:00	Mexican Wrap
Meal 4	14:00	Green Tea
Meal 5	16:00	Strawberry
Meal 6	16:30	protein shake
Meal 7	19:00	Veg Daliya
Meal 8	20:30	Chamomile Tea

2024-05-17		
Meal 1	07:00	Weight Loss Jeera Water , Soaked Almonds
Meal 2	07:45	Coffee Chia Smoothie
Meal 3	11:00	Vegetable Poha
Meal 4	14:00	Green Tea
Meal 5	16:00	Apple Fruit Salad
Meal 6	16:30	protein shake
Meal 7	19:00	Chicken Salad
Meal 8	20:30	Chamomile Tea

2024-05-16		
Meal 1	07:00	Weight Loss Jeera Water , Soaked Almonds
Meal 2	07:45	Avocado Toast
Meal 3	11:00	Roti Wrap
Meal 4	14:00	Green Tea
Meal 5	16:00	Summer Mix Fruit Bowl
Meal 6	16:30	protein shake
Meal 7	19:00	Tofu Capsicum Bhurji , Oats Chilla
Meal 8	20:30	Chamomile Tea