

Dear Sarthak ,

Here is suggested diet plan for you

Service Booking ID: 4857790105



Diet Plan Summary



Sarthak , Male 26 Years



Height : 149 cm.



2485 Kcal Plan



Weight

95 Kgs

Ideal weight : 51.06 Kgs



BMI

42.79

Obese



BMR

1756 Kcal

Suggested Plan for you

Based on your Daily Calorie, nutrients you require:

3 Week Plan

2485 Kcal Plan

Protein

93 gm Per day

Fat

69 gm Per day

Carbs

372 gm Per day

Fiber

35 gm Per day

Your Health Goals



Goal

Weight Loss

Your food choice



Food preference

Non Vegetarian

Your Lifestyle



Activity

Active

Monday Diet Schedule 🔥 1726 Kcal



Morning

06:30AM 1 Glass-250 ml Dhaniya Seeds Water/ Coriander Seeds Water

07:30AM 1 Glass-250 ml Green Vegetable Juice, 10 pieces Raisins

10:00AM 2 pc - 50g Moonglet Chila, 1 cup- 200ml Toned Milk



Lunch

11:30AM 1 tbsp-15g Crushed Sesame Seeds (Till Kuttmi), 10 pc Grapes (Red)

01:30PM 1 portion Cucumber Salad, 1.5 Bowl-150 gm Aloo Baingan Tamatar Sabzi/ Potato Brinjal Tomato Curry, 2 pc Whole Wheat Chapati/ Roti/ Phulka, 1 Bowl-150 gm Curd, 1 bowl-150g Cauliflower Curry

03:00PM 1 Glass-250 ml Lemon , Mint, Ginger, Salt Sherbet



Evening Snacks

05:00PM 1 Bowl- 200 g Broccoli Soup, 0.5 cup- 200gm Pomegranate Peeled



Dinner

07:30PM 1 portion Tomato Salad, 1.5 Bowl-150 gm Spinach Dal/ Palak Dal, 2 pc Multigrain Chapati + 0.5 tsp ghee

08:30PM 1 cup-150ml Chamomile Tea



Physical activities recommendation

- Physical activities can vary from Regular walks (Brisk or normal), Jogging, Sports, Stretching, Yoga to light weight lifting etc.
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Tuesday Diet Schedule 1783 Kcal



Morning

- 06:30AM** 1 Glass-250 ml Jira Water/ Jeera/ Cumin Seeds Water
- 07:30AM** 1 clove Crushed Garlic, 6 pc Overnight Soaked Black Raisins
- 10:00AM** 2 bowl-150g Amaranth Porridge / Rajgira dalia, 1 glass-200ml Homemade Cashew Milk (Unsweetened)



Lunch

- 11:30AM** 1 tbsp - 15g Sesame Seeds, 1 pc Guava- Medium
- 01:30PM** 1 quarter plate Beet And Cucumber Salad, 1.5 Bowl-150 gm Kathal/ Jackfruit sabzi, 2 pc Millet Chapati, 1 Bowl-150 gm Ghia Raita With Milk Curd/Vegan Curd, 1 Bowl-150 gm Sambhar
- 03:00PM** 1 cup- 200ml Lemon Tea (Without Sugar)



Evening Snacks

- 05:00PM** 1 Bowl-150 gm Peanut With Chopped Onion & Tomato, 1 Bowl-150 gm Papaya



Dinner

- 07:30PM** 1 quarter plate Cucumber, Carrot And Seeds Salad, 1.5 Bowl-150 gm Toor Or Arhar Dal Curry/ Red Gram Curry, 2 Bowl- 200 g Cauliflower Rice
- 08:30PM** 1 tsp- 5 gms Apple Cider Vinegar with Water



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Wednesday Diet Schedule 1936 Kcal



Morning

- 06:30AM** 1 Glass-250 ml Ajwain Water/ Carom Seeds Water
- 07:30AM** 1 Glass-250 ml Vegetable Juice, 10 pieces Raisins
- 10:00AM** 2 pc Moong Dal Chilla/ Puda + Green Chutney, 1 glass-200ml Homemade Almond Milk (Unsweetened)



Lunch

- 11:30AM** 1 tbsp - 15g Roasted Flax Seeds/ Alsi , 1 portion Watermelon-250 Gm
- 01:30PM** 1 quarter plate Salad- Cabbage/ Broccoli/ Cauliflower, 1.5 Portion Grilled Pomfret Fish, 2 Bowl-150 gm Brown Rice, 1 Bowl-150 gm Cucumbar Raita With Milk Curd/Vegan Curd, 1 Bowl-150 gm Tofu Curry
- 03:00PM** 1 cup- 200ml Black Coffee



Evening Snacks

- 05:00PM** 1 bowl-200g Vegetable Manchow Soup, 1 pc Red Apple



Dinner

- 07:30PM** 1 portion Carrot Salad, 1.5 Bowl-150 gm Stir Fry Chicken (100 Gm) With Vegetables
- 08:30PM** 1 cup- 200ml Mint (Pudina) Tea



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Thursday Diet Schedule 🔥 1616 Kcal



Morning

- 06:30AM 1 Glass-250 ml Overnight Soaked Methi Water
- 07:30AM 1 Glass-250 ml Sabja (Basil) Seed And Lemon Juice, 6 pc Overnight Soaked Black Raisins
- 10:00AM 2 pc Beetroot Oats Chilla, 1 Glass-250 ml Sambaram Or Butter Milk



Lunch

- 11:30AM 1 tbsp-15g Crushed Sesame Seeds (Till Kuttmi), 1 pc Orange
- 01:30PM 1 quarter plate Carrot And Cabbage Salad (Coleslaw), 1.5 Bowl-150 gm Bhindi/ Ladies Finger/ Okra, 2 pc Multigrain Roti, 1 Bowl-150 gm Vegetable Salad Raita With Milk Curd/Vegan Curd, 1 Bowl-150 gm Mix Vegetable Curry
- 03:00PM 1 cup-150ml Green Tea



Evening Snacks

- 05:00PM 2 pc Besan Dhokla, 1 Bowl-150 gm Pineapple



Dinner

- 07:30PM 1 portion Tomato Salad, 1.5 plate-250 gm 75G Grilled Chicken With Stir Fry Veggies
- 08:30PM 1 cup-150ml Chamomile Tea



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Friday Diet Schedule 2083 Kcal



Morning

06:30AM

1 Glass-250 ml Lukewarm Water With Lemon

07:30AM

1 Glass-250 ml Abc Juice/ Apple Beetroot Carrot Juice, 10 pieces Raisins

10:00AM

2 pc-80 gm Sunny Side Up Eggs, 1 cup- 200ml Toned Milk



Lunch

11:30AM

1 tbsp - 15g Sesame Seeds, 0.5 pc Mango

01:30PM

1 quarter plate Green Salad, 1.5 Bowl-150 gm Matar Mushroom Sabji/ Peas Mushroom Curry, 2 Bowl-150 gm Boiled Rice/ White/ Plain Rice, 1 Bowl-150 gm Curd, 1 Bowl-150 gm Rajma Curry/ Kidney Beans Curry

03:00PM

1 cup- 200ml Lemon Tea



Evening Snacks

05:00PM

1 Bowl-250 ml Vegetable Dal Soup, 10 pc Strawberries



Dinner

07:30PM

1 quarter plate Cucumber, Carrot And Seeds Salad, 1.5 portion Grilled Pepper, Vegetables & Paneer (40 Gm)

08:30PM

1 tsp- 5 gms Apple Cider Vinegar with Water



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Saturday Diet Schedule 1502 Kcal



Morning

- 06:30AM** 1 Glass-250 ml Dhaniya Seeds Water/ Coriander Seeds Water
- 07:30AM** 1 Glass-250 ml Beet Root/ Tomato/ Amla/ Carrot Juice, 6 pc Overnight Soaked Black Raisins
- 10:00AM** 2 portion Scrambled Eggs (2 #) With Vegetables, 1 glass-200ml Homemade Cashew Milk (Unsweetened)



Lunch

- 11:30AM** 1 tbsp - 15g Roasted Flax Seeds/ Alsi , 10 pc Grapes (Black)
- 01:30PM** 1 portion Cucumber Salad, 1.5 Bowl-150 gm Bhindi (Ladies Finger), 2 pc Whole Wheat Chapati/ Roti/ Phulka, 1 Bowl-150 gm Ghia Raita With Milk Curd/Vegan Curd, 1 Bowl-150 gm Bitter Gourd (Karela) Curry
- 03:00PM** 1 cup- 200ml Ginger Turmeric Tea



Evening Snacks

- 05:00PM** 1 Bowl-150 gm Popcorn, 0.5 cup- 200gm Pomegranate Peeled



Dinner

- 07:30PM** 1 portion Carrot Salad, 1.5 portion 150 Gms Lemon Garlic Chicken With Steamed Vegetables
- 08:30PM** 1 cup- 200ml Mint (Pudina) Tea



Physical activities recommendation

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Sunday Diet Schedule 🔥 1997 Kcal



Morning

06:30AM

1 Glass-250 ml Jira Water/ Jeera/ Cumin Seeds Water

07:30AM

1 glass - 150 ml Fennel Seed Water (Saunf water), 10 pieces Raisins

10:00AM

2 pc-100 gm Poached Eggs, 1 glass-200ml Homemade Almond Milk (Unsweetened)



Lunch

11:30AM

1 tbsp-15g Crushed Sesame Seeds (Till Kuttmi), 1 pc Medium Size Banana

01:30PM

1 quarter plate Beet And Cucumber Salad, 1.5 Bowl-150 gm Chicken (100 Gm) Curry/Chicken Saaru, 2 pc Millet Chapati, 1 Bowl-150 gm Cucumbar Raita With Milk Curd/Vegan Curd, 1 Bowl-150 gm Cabbage/Patta Gobhi Sabzi

03:00PM

1 cup-150ml Ginger Cinnamon Tea



Evening Snacks

05:00PM

1 Bowl-250 ml Tomato Soup, 1 Bowl-150 gm Papaya



Dinner

07:30PM

1 portion Tomato Salad, 1.5 Bowl-150 gm Toned Paneer Bhurji (50 Gm)/ Cottage Cheese Scramble, 2 pc Jowar Roti

08:30PM

1 cup-150ml Chamomile Tea



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