



Smart Diet Planner
Unleash the Power of Nutrition !

Dear Sarthak

Here is suggested diet plan for you

Booking ID: 00000001

Date: 19/02/2009

Monday Diet Schedule:



Morning - Breakfast

| | |
|---------|---|
| 6:30AM | 1 Glass-250 ml Dhaniya Seeds Water/ Coriander Seeds Water |
| 7:30AM | 1 Glass-250 ml Green Vegetable Juice, 10 pieces Raisins |
| 10:00AM | 2 pc - 50g Moonglet Chila, 1 cup- 200ml Toned Milk |



Afternoon - Lunch

| | |
|---------|---|
| 6:30AM | 1 Glass-250 ml Dhaniya Seeds Water/ Coriander Seeds Water |
| 7:30AM | 1 Glass-250 ml Green Vegetable Juice, 10 pieces Raisins |
| 10:00AM | 2 pc - 50g Moonglet Chila, 1 cup- 200ml Toned Milk |



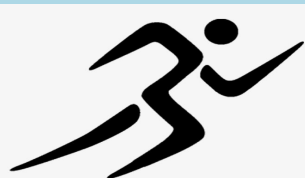
Evening - Snacks

| | |
|---------|---|
| 6:30AM | 1 Glass-250 ml Dhaniya Seeds Water/ Coriander Seeds Water |
| 7:30AM | 1 Glass-250 ml Green Vegetable Juice, 10 pieces Raisins |
| 10:00AM | 2 pc - 50g Moonglet Chila, 1 cup- 200ml Toned Milk |



Night - Dinner

| | |
|---------|---|
| 6:30AM | 1 Glass-250 ml Dhaniya Seeds Water/ Coriander Seeds Water |
| 7:30AM | 1 Glass-250 ml Green Vegetable Juice, 10 pieces Raisins |
| 10:00AM | 2 pc - 50g Moonglet Chila, 1 cup- 200ml Toned Milk |



Physical Activity