



# Smart Diet Planner

*Dear Sarthak! Here is your personalised diet plan.*

## Monday



### Morning

- 06:30 AM Warm Water
- 07:30 AM Abc Juice/ Apple Beetroot Carrot Juice
- 10:00 AM Oats Idli



### Afternoon

- 11:30 AM Black Sesame Seeds
- 01:30 PM Beet And Cucumber Salad
- 03:00 PM Sabja (Basil) Seed And Lemon Juice



### Evening

- 05:00 PM Vegetable Manchow Soup



### Night

- 07:30 PM Cucumber, Carrot And Seeds Salad
- 08:30 PM Hibiscus Flower Ginger Tea



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## Tuesday



### Morning

- 06:30 AM Apple Cider Vinegar with Water
- 07:30 AM Mixed Vegetable Juice Of Choice
- 10:00 AM Idli Sambar



### Afternoon

- 11:30 AM Roasted Flax Seeds/ AlsI
- 01:30 PM Cabbage koshimbir
- 03:00 PM Lemon , Mint, Ginger, Salt Sherbet



### Evening

- 05:00 PM 1 Boiled Egg (Whole)



### Night

- 07:30 PM Carrot Salad
- 08:30 PM Chamomile Tea



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## Wednesday



### Morning

- 06:30 AM Lukewarm Water With Lemon
- 07:30 AM Green Vegetable Juice
- 10:00 AM Spinach Paneer Omlette (2 Eggs)



### Afternoon

- 11:30 AM Water Melon Seed powder
- 01:30 PM Cucumber koshimbir
- 03:00 PM Ginger Turmeric Tea



### Evening

- 05:00 PM Chicken Manchow Soup



### Night

- 07:30 PM Tomato Salad
- 08:30 PM Mint (Pudina) Tea



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## Thursday



### Morning

- 06:30 AM Warm Water
- 07:30 AM Abc Juice/ Apple Beetroot Carrot Juice
- 10:00 AM Masala Oats



### Afternoon

- 11:30 AM Sesame Seeds
- 01:30 PM Salad- Cabbage/ Broccoli/ Cauliflower
- 03:00 PM Lemon Tea



### Evening

- 05:00 PM Palak Soup/ Spinach Soup



### Night

- 07:30 PM Radish Salad
- 08:30 PM Hibiscus Flower Ginger Tea



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## Friday



### Morning

- 06:30 AM Apple Cider Vinegar with Water
- 07:30 AM Mixed Vegetable Juice Of Choice
- 10:00 AM Oats Vegetable Chilla Small + Coconut Chutney



### Afternoon

- 11:30 AM Black Sesame Seeds
- 01:30 PM Carrot koshimbir
- 03:00 PM Black Tea



### Evening

- 05:00 PM Carrot Beetroot Soup



### Night

- 07:30 PM Cucumber, Carrot And Seeds Salad
- 08:30 PM Chamomile Tea



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## Saturday



### Morning

- 06:30 AM Lukewarm Water With Lemon
- 07:30 AM Green Vegetable Juice
- 10:00 AM Oats Khichdi



### Afternoon

- 11:30 AM Roasted Flax Seeds/ Alsi
- 01:30 PM Carrot And Cabbage Salad (Coleslaw)
- 03:00 PM Green Tea



### Evening

- 05:00 PM Mushroom Soup



### Night

- 07:30 PM Carrot Salad
- 08:30 PM Mint (Pudina) Tea



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## Sunday



### Morning

- 06:30 AM Warm Water
- 07:30 AM Abc Juice/ Apple Beetroot Carrot Juice
- 10:00 AM Cauliflower Upma



### Afternoon

- 11:30 AM Water Melon Seed powder
- 01:30 PM Mothbeans koshimbir
- 03:00 PM Black Coffee



### Evening

- 05:00 PM Vegetable Dal Soup



### Night

- 07:30 PM Tomato Salad
- 08:30 PM Hibiscus Flower Ginger Tea