



## Smart Diet Planner

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

Monday (17th October 2022)

i<% Morning

1 Glass-250 ml Dhaniya Seeds Water/ Coriander Seeds Water

1 Glass-250 ml Green Vegetable Juice, 10 pieces Raisins

2 pc - 50g Moonglet Chila, 1 cup- 200ml Toned Milk

<! Lunch

v

1 tosp-15g Crushed Sesame Seeds (Till Kuttmi), 10 pc Grapes (Red)

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

1 Glass-250 ml Lemon, Mint, Ginger, Salt Sherbet

3% Evening Snacks

1 Bowl- 200 g Broccoli Soup, 0.5 cup- 200gm Pomegranate Peeled

G Dinner

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

1 cup-150ml Chamomile Tea

*(end of excerpt)*



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