



Hi Guest,

Diet Plan : September 29th - 2017, Friday

Parameters selected :

Age	:	25	Gender	:	Female	Height	:	5.1 Ft
Weight	:	53 Kgs	Objective	:	Weight Loss	Lifestyle	:	Lightly Active
Diet Type	:	veg	Body Type	:	fitness			
Medical Conditions	:	Diabetes						
Food Exclusions	:	Dairy						

No fitness regime is complete without adapting healthy lifestyle.

While we will take care of your Diet and Workout, just keep these points in mind:

- The diet plan has five meals spread across the day so that you never complain of being hungry.
- Make sure there is a gap of 2-3 hours in between two meals.
- Drink 10 to 12 glasses of water every day.
- Always use less amount of salt while cooking.
- Try to prepare all these dishes with minimum oil.
- Give yourself enough sleep to be rejuvenated the next day.
- Don't stress too much about your fitness goal.
- Don't expect results to start happening from day one.
- While working, get up after every 1-hour and walk around and stretch if possible.

Special Focus	Remember, right food in the right quantity, taken at the right time, promotes good health.
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Disclaimer: You must agree to review this meal plan with your physician before using it and agree to use this meal plan for your personal use only.



Total Calorie Intake : 1200

WAKE UP

☐ Mark as Done

Item

Herbal Tea

Assorted seeds like Flax Seeds & Pumpkin Seeds

BREAKFAST

☐ Mark as Done

Item Name

Kesar Milk without Sugar (250 ml)

Veg Sandwich with 1 Multigrain Bread

MID DAY SNACK

☐ Mark as Done

Item Name

Guava - 1 Piece

Curd Lassi - 200ml with 100g curd

LUNCH

☐ Mark as Done

Item Name

Mix Veg with 50g Paneer - 1 Katori

Chapati - 1 Small

EVENING SNACK

☐ Mark as Done

Item Name

Boiled Chola Chaat with Added Cucumber

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DINNER

☐ Mark as Done

Item Name

Pumpkin Sabji

Sabut Masoor Dal - 1 Katori

Chapati - 1 Portion

BED TIME

☐ Mark as Done

Item Name

Plain Custard without Sugar (250 ml)



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