



Hi Guest,

Diet Plan :

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. |
|----------------------|--|

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 :

WAKE UP

☐ Mark as Done

| Item Name | Portion | Quantity |
|--|---------|----------|
| Herbal Tea | | |
| Assorted seeds like Flax Seeds & Pumpkin Seeds | | |

BREAKFAST

☐ Mark as Done

| Item Name | Portion | Quantity |
|--------------------------------------|---------|----------|
| Kesar Milk without Sugar | | 250 |
| Veg Sandwich with 1 Multigrain Bread | | |

MID DAY SNACK

☐ Mark as Done

| Item Name | Portion | Quantity |
|------------|----------------------|----------|
| Guava | 1 Piece | |
| Curd Lassi | 200ml with 100g curd | |

LUNCH

☐ Mark as Done

| Item Name | Portion | Quantity |
|-------------------------|----------|----------|
| Mix Veg with 50g Paneer | 1 Katori | |
| Chapati | 1 Small | |

EVENING SNACK

☐ Mark as Done

| Item Name | Portion | Quantity |
|--|---------|----------|
| Boiled Chola Chaat with Added Cucumber | | |

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DINNER

☐ Mark as Done

| Item Name | Portion | Quantity |
|------------------|-----------|----------|
| Pumpkin Sabji | | |
| Sabut Masoor Dal | 1 Katori | |
| Chapati | 1 Portion | |

BED TIME

☐ Mark as Done

| Item Name | Portion | Quantity |
|-----------------------------|---------|----------|
| Plain Custard without Sugar | | 250 |



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