

Health and Fitness Zone

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Weekly Diet Plan

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VEGETARIAN

Days	Morning	Snacks	Lunch	Snacks	Dinner
Monday	1 GLASS MILK + 2 PIECE TOAST + FRUITS	1 BOWL OF FRUITS OR 1 TOAST	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + VEG + CURD + SALAD	1 BOWL OF FRUITS OR SOUP	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + VEG + SALAD
Tuesday	1 GLASS MILK + 2 PIECE TOAST + FRUITS	1 BOWL OF FRUITS OR 1 TOAST	2 TOAST + SOYA NUTRI VEG + SALAD + CURD	1 BOWL OF FRUITS OR SOUP	BEFORE 7 PM- 1 TOAST + SOYA NUTRI VEG + SALAD
Wednesday	1 GLASS MILK + 2 PIECE TOAST + FRUITS	1 BOWL OF FRUITS OR 1 TOAST	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + CURD + VEG + SALAD	1 BOWL OF FRUITS OR SOUP	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + VEG + SALAD
Thursday	1 GLASS MILK + 2 PIECE TOAST + FRUITS	1 BOWL OF FRUITS OR 1 TOAST	2 TOAST + SOYA NUTRI VEG + SALAD + CURD	1 BOWL OF FRUITS OR SOUP	BEFORE 7 PM- 1 TOAST + SOYA NUTRI VEG + SALAD
Friday	1 GLASS MILK + 2 PIECE TOAST + FRUITS	1 BOWL OF FRUITS OR 1 TOAST	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + VEG + SALAD + CURD	1 BOWL OF FRUITS OR SOUP	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + VEG + SALAD

Saturday	1 GLASS MILK + 2 PIECE TOAST + FRUITS	1 BOWL OF FRUITS OR 1 TOAST	2 PIECE SANDWICH + VEG + SALAD	1 BOWL OF FRUITS	BEFORE 7PM- VEG + SALAD + 1 TOAST
Sunday	1 GLASS MILK + 2 PIECE TOAST + FRUITS	1 BOWL OF FRUITS OR 1 TOAST	VEG DALIA + VEG + SALAD + CURD	1 BOWL OF FRUITS OR 1 TOAST	BEFORE 7 PM-WHEAT FLAKES + MILK

NON VEGETARIAN

Days	Morning	Snacks	Lunch	Snacks	Dinner
Monday	1 GLASS MILK + 2 PIECE TOAST + FRUITS	1 BOWL OF FRUITS OR 1 TOAST	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + VEG + CURD + SALAD	1 BOWL OF FRUITS OR SOUP	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + VEG + SALAD
Tuesday	1 GLASS MILK + 2 PIECE TOAST + FRUITS	1 BOWL OF FRUITS OR 1 TOAST	2 EGG + 1 TOAST + SALAD + CURD	1 BOWL OF FRUITS OR SOUP	2 EGG WHITE + VEG + SALAD
Wednesday	1 GLASS MILK + 2 PIECE TOAST + FRUITS	1 BOWL OF FRUITS OR 1 TOAST	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + CURD + VEG + SALAD	1 BOWL OF FRUITS OR SOUP	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + VEG + SALAD
Thursday	1 GLASS MILK + 2 PIECE TOAST + FRUITS	1 BOWL OF FRUITS OR 1 TOAST	2 EGG + 1 TOAST + SALAD + CURD	1 BOWL OF FRUITS OR SOUP	2 EGG WHITE + VEG + SALAD
Friday	2 EGG WHITE + FRUITS	1 BOWL OF FRUITS OR 1 TOAST	NON VEG RICE + VEG + SALAD + CURD	1 BOWL OF FRUITS OR SOUP	VEG POHA + VEG + SALAD
Saturday	1 GLASS MILK + 2 PIECE TOAST + FRUITS	1 BOWL OF FRUITS OR 1 TOAST	1 PIECE TOAST + 1 OMMELETE + VEG + SALAD	1 BOWL OF FRUITS OR 1 TOAST	BEFORE 7PM- 2 EGG WHITE + SALAD + 1 TOAST

Sunday	1 GLASS MILK + 2 PIECE TOAST + FRUITS	1 BOWL OF FRUITS OR 1 TOAST	VEG DALIA + VEG + SALAD + CURD	1 BOWL OF FRUITS OR 1 TOAST	BEFORE 7 PM-WHEAT FLAKES + MILK
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IMPORTANT POINTS

DONT MIX DIET.FOLLOW ONLY ONE EITHER VEG OR NON VEG

YOU CAN HAVE FENUGREEK SEEDS SOAK OVERNIGHT IN WATER OR 1 LEMON WITH 1 GLASS OF WATER IN EARLY MORNING

IF YOU ARE SUFFERING WITH BLOOD PRESSURE AVOID EATING SALT

IF YOU ARE SUFFERING WITH BLOOD PRESSURE AVOID EATING SUGAR

IF YOU ARE SUFFERING WITH LOW BLOOD PRESSURE TRY TO FOLLOW VEG DIET