

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	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + VEG + CURD + SALAD	1 BOWL OF SOUP	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + VEG + SALAD
Tuesday	1 GLASS MILK + 1 BOWL OF POHA	1 SANDWITCH	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + VEG + SALAD + CURD	1 BOWL OF FRUITS	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + NON VEG DISH + SALAD
Wednesday	1 GLASS MILK + 2 PIECE TOAST + FRUITS	1 BOWL OF SOUP	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + CURD + VEG + SALAD	1 SANDWITCH	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + VEG + SALAD
Thursday	1 GLASS MILK + 2 PIECE TOAST + FRUITS	1 BOWL OF FRUITS	2 NORMAL CHAPPATIS + VEG + SALAD + CURD	1 BOWL OF SOUP	BEFORE 7 PM-1 NORMAL CHAPPATIS + VEG + SALAD
Friday	1 GLASS OF MILK + FRUITS	1 SANDWITCH	VEG RICE(BROWN) + VEG + SALAD + CURD	1 BOWL OF FRUITS	VEG POHA + VEG + SALAD

Saturday	1 GLASS MILK + 2 PIECE TOAST + FRUITS	1 BOWL OF SOUP	1 PIECE PANEER SANDWICH + VEG + SALAD	1 BOWL OF FRUITS	BEFORE 7 PM-PANEER VEG + SALAD + 1 TOAST
Sunday	1 GLASS MILK + 2 PIECE TOAST + FRUITS	1 BOWL OF SOUP	VEG DALIA + VEG + SALAD + CURD	1 SANDWITCH	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	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + VEG + CURD + SALAD	1 BOWL OF SOUP	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + VEG + SALAD
Tuesday	1 GLASS MILK + 2 PIECE TOAST + FRUITS	1 SANDWITCH	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + VEG + SALAD + CURD	2 EGG WHITE	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + VEG + SALAD
Wednesday	1 GLASS MILK + 1 BOWL OF POHA	1 BOWL OF FRUITS	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + CURD + VEG + SALAD	1 BOWL OF SOUP	2 CHAPPATIS (50% BRAN + 50% NORMAL ATTA) + VEG + SALAD
Thursday	1 GLASS MILK + 1 BREAD OMMELETE	1 SANDWITCH	1 NORMAL CHAPPATIS + VEG + SALAD + CURD	2 EGG WHITE	1 NORMAL CHAPPATIS + VEG + SALAD
Friday	2 EGG WHITE + FRUITS	1 BOWL OF FRUITS	NON VEG RICE + VEG + SALAD + CURD	1 BOWL OF SOUP	VEG POHA + VEG + SALAD

Saturday	1 GLASS MILK + 2 PIECE TOAST + FRUITS	1 SANDWITCH	1 PIECE TOAST + 1 OMMELETE + VEG + SALAD	1 SANDWITCH	BEFORE 7 PM-2 EGG WHITE + SALAD + 1 TOAST
Sunday	1 GLASS MILK + 2 PIECE TOAST + FRUITS	1 BOWL OF FRUITS	VEG DALIA + VEG + SALAD + CURD	1 BOWL OF SOUP	BEFORE 7 PM-WHEAT FLAKES + MILK

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