

DIET CHART

Day 1

Breakfast (8:00-8:30AM) 2 egg brown bread sandwich + green chutney + 1 cup milk + 3 cashews + 4 almonds + 2 walnuts

Mid-Meal (11:00-11:30AM) 1 cup banana shake

Lunch (2:00-2:30PM) 1 cup arhar dal + 1 cup potato curry + 3 chapatti + 1/2 cup rice + 1/2 cup low fat curd + salad

Evening (4:00-4:30PM) 1 cup strawberry smoothie + 1 cup vegetable poha

Dinner (8:00-8:30PM) 1.5 cup chicken curry + 3 chapatti + salad

Day 2

Breakfast (8:00-8:30AM) 3 onion stuffed parantha + 1 cup curd + 3 cashews + 4 almonds + 2 walnuts

Mid-Meal (11:00-11:30AM) 1 cup mango shake

Lunch (2:00-2:30PM) 1 cup moong dal/ chicken curry + 1 cup potato and cauliflower vegetable + 3 chapatti + 1/2 cup rice + salad

Evening (4:00-4:30PM) 1 cup pomegranate juice + 2 butter toasted bread

Dinner (8:00-8:30PM) 1 cup beans potato vegetable + 3 chapatti + salad

Day 3

Breakfast (8:00-8:30AM) 3 paneer stuffed besan cheela + green chutney + 1 cup curd + 3 cashews + 4 almonds + 2 walnuts

Mid-Meal (11:00-11:30AM) 1 apple smoothie with maple syrup

Lunch (2:00-2:30PM) 1 cup masoor dal + 1 cup calocasia + 3 chapatti + 1/2 cup rice + 1 cup low curd + salad

Evening (4:00-4:30PM) 1 cup tomato soup with bread crumbs + 1 cup aloo chaat

Dinner (8:00-8:30PM) 1 cup carrot peas vegetable + 3 chapatti + salad

Day 4

Breakfast (8:00-8:30AM) 1.5 cup vegetable bread upma + 1 cup milk + 3 cashews + 4 almonds + 2 walnuts

Mid-Meal (11:00-11:30AM) 1 cup ripe banana with 2 tsp ghee

Lunch (2:00-2:30PM) 1 cup rajma curry + 1 cup spinach potato + 3 chapatti + 1/2 cup rice + salad

Evening (4:00-4:30PM) 1 cup vegetable juice + 1 cup upma

Dinner (8:00-8:30PM) 1.5 cup parwal vegetable + 3 chapatti + salad

Day 5

Breakfast (8:00-8:30AM) 2 cucumber potato sandwich + 1 tsp green chutney + 1 orange juice + 3 cashews + 2 walnuts + 4 almonds

Mid-Meal (11:00-11:30AM) 1 cup buttermilk + 1 cup sweet potato chaat

Lunch (2:00-2:30PM) 1 cup white chana/ fish curry + 3 chapatti + 1/2 cup rice + salad

Evening (4:00-4:30PM) 1 cup almond milk + banana

Dinner (8:00-8:30PM) 1 cup cauliflower potato vegetable + 3 chapatti + salad

Day 6

Breakfast (8:00-8:30AM) 2 cup vegetable poha + 1 cup curd + 3 cashews + 4 almonds + 2 walnuts

Mid-Meal (11:00-11:30AM) 2 cups watermelon juice

Lunch (2:00-2:30PM) 1 cup chana dal + 1 cup bhindi vegetable + 3 chapatti + 1/2 cup rice + salad

Evening (4:00-4:30PM) 1 cup sprouts salad + 2 potato cheela + green chutney

Dinner (8:00-8:30PM) 1 cup peas mushroom vegetable + 3 chapatti + salad

Day 7

Breakfast (8:00-8:30AM) 3 vegetable suji cheela + 1 cup strawberry shake + 4 cashews + 4 almonds + 3 walnuts

Mid-Meal (11:00-11:30AM) 1 cup coconut water + 1 cup pomegrate

Lunch (2:00-2:30PM) 1 cup mix dal + 1 cup soybean curry + 3 chapatti + 1/2 cup curd + salad

Evening (4:00-4:30PM) 1 cup fruit salad + 4 pc vegetable cutlets + green chutney

Dinner (8:00-8:30PM) 1 cup karela vegetable + 3 chaptti + salad