

**Prepared By: Dt. Esha Singhal**

**Dietitian Nutritionist** 17-12-2018

	Sunday	Monday	Tuesday
<b>E.morning</b>			
<b>Breakfast</b>			
<b>M.Morning</b>			
<b>Lunch</b>			
<b>Evening</b>			
<b>Dinner</b>			
<b>Note:-</b>			

[www.gethealthierlife.com](http://www.gethealthierlife.com) **Not for medico legal purpose** @: dt.eshasinghal@gmail.com

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Wednesday	Thursday	Friday	Saturday

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