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| **DIET JOURNEY SCHEDULE (15 Days)** |

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| **CLIENT NAME** | SHAHBAZ HUSSAIN |
| **MRN ID** | DNL1000000101 |

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| **Day 1** |

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|  | **Menu** | **Recipe** | **Nutrients**  **Calories/protein** |
| **Morning** | Jeera water +  6 soaked almonds |  |  |
| **Breakfast** | Egg scrambled with veggies | 1 whole egg + 4 egg whites + ½cup diced bell pepper + ½cup tomato + ¼cup spinach + ¼cup mushroom + ¼cup onion + 1 tbsp olive oil + fresh herbs + spices | 311kcal/22g |
| **Lunch** | Normal meal | ¾cup rice + 1 cup any pallya (don’t add tadka) +  ½cup Sambar + 70g chicken (less oil) + 6-7 slice of cucumbers | 420kcal/30g |
| **Evening** | Coconut water |  |  |
| **Dinner** | Soya chunks keema with chapati | ½cup soya chunks minced+ ¼ cup onion+¼cup tomato+¼cuo bell pepper+¼cup carrots+ginger garlic paste+salt and spices.  1½ whole wheat chapati | 400kcal/19.8g |
| **Bed-time** | Chamomile tea |  |  |

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| **Day 2** |

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|  | **Menu** | **Recipe** | **Nutrients** |
| **Morning** | Soaked chia seed water |  |  |
| **Breakfast** | Smoothie bowl | ½cup unsweetened soy milk+½ frozen banana+¼cuo frozen berries+1tbsp almond butter+1 tbsp chia seed+1 tbsp chopped nuts+ coconut flakes | 351kcal/11g |
| **Lunch** | Chana Tofu pulao with salad | 150g tofu+¼cup chana ½cup basmati rice+1 tbsp olive oil+1 s onion +½cup (carrots+peas+bell pepper) +ginger garlic+salt and spices | 450kcal/20g |
| **Evening** | Coconut water |  |  |
| **Dinner** | Baingan ka barta and jowar roti with boiled eggs | 1 medium eggplant + onion+tomato+ chilly+ginger garlic paste+salt and spices  1 jowar roti + 2 boiled eggs+ 2 egg whites | 344kcal/24.3g |
| **Bed-time** | Chamomile tea |  |  |

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| **Day 3** |

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|  | **Menu** | **Recipe** | **Nutrients** |
| **Morning** | Ajwain water+ 3-4 walnut |  |  |
| **Breakfast** | Avocado toast with egg | 1 slice whole grain bread/sourdough bread+¼ avocado+2 boiled eggs+sprinkle chia seeds+salt and pepper | 328kcal/19g |
| **Lunch** | Normal meal | Veg meal with some source of protein |  |
| **Evening** | Coconut water |  |  |
| **Dinner** | Grilled chicken and chapathi with salad | 80g Grilled chicken breast+1 medium chapati+salad | 270kcal/31g |
| **Bed-time** | Chamomile tea |  |  |

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| **Day 4** |

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|  | **Menu** | **Recipe** | **Nutrients** |
| **Morning** | Ginger -lemon water+ mixed seeds |  |  |
| **Breakfast** | Oats omlette | ¼cup oats+2 whole eggs+ 2 egg whites+¼cup Onion+¼cup Tomato | 273kcal/22.9g |
| **Lunch** | Rajma with rice | 1 cup cooked rajma+½cup rice+¼cup onion+¼cup tomato+ spices  Cucumber onion salad | 356kcal/20g |
| **Evening** | Coconut water |  |  |
| **Dinner** | Bhindi masala with roti and | 1 cup bhindi+¼cup onion+ ¼cup tomato+ salt and spices  70g grilled or cooked chicken  1 whole wheat chapati | 323kcal/31.7g |
| **Bed-time** | chamomile tea |  |  |

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| **Day 5** |

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|  | **Menu** | **Recipe** | **Ingredients** |
| **Morning** | Fennel seeds water+ 6 soaked almonds |  |  |
| **Breakfast** | Pancake | 1 ripe avocado+½cup oats flour+¼ cup almond milk+1 large egg | 518kcal/15g |
| **Lunch** | Lemon pepper chicken and rice and salad | 80g Grilled chicken breast+black pepper+ ¼ cup rice+ salad (lettuce+cucumber+onion+tomato) | 214kcal/27g |
| **Evening** | Coconut water |  |  |
| **Dinner** | Roasted Sweet potato and cauliflower with tofu | 150g Tofu+ ½cup sweet potato+1 cup cauliflower | 205kcal/18g |
| **Bed-time** | Chamomile tea |  |  |

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| **Day 6** |

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|  | **Menu** | **Recipe** | **Ingredients** |
| **Morning** | Amla juice with drizzle honey |  |  |
| **Breakfast** | Chickpea omlette | ¾ cup chickpea flour+½ cup water+ ¼ cup Onion+¼cup Spinach + salt and spices | 374kcal/18g |
| **Lunch** | Fish meal | 100g grilled fish (with less oil)+ ½cup rice+½cup steamed mixed veggies | 300kcal/26g |
| **Evening** | Coconut water |  |  |
| **Dinner** | Chicken shorba with single roti and Sesame chutney | 70g chicken+ chicken broth+spices+onion tomat+ spring onion+fresh herbs  Single whole wheat chapati+  sesame chutney | 290kcal/23g |
| **Bed-time** | Chamomile tea |  |  |

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| **Day 7** |

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|  | **Menu** | **Recipe** | **Nutrients** |
| **Morning** | Cinnamon water + 4 walnuts |  |  |
| **Breakfast** | Egg wrap | 2 whole eggs + 2 egg whites+ 1 whole wheat chapati+¼cup spinach | 276kcal/22g |
| **Lunch** | Lemon rice with chana salad | ½cup rice+1 tbsp olive oil+½tsp mustard seeds+ turmeric powder+1 tbsp lemon juice + ¼cup onion  1 cup boiled chana+¼ cucumber+¼cup tomato + 1 tbsp onion+lemon juice+ salt and pepper | 523kcal/18g |
| **Evening** | Coconut water |  |  |
| **Dinner** | Ragi roti with chicken curry | 1 ragi roti+80g chicken curry | 320kcal /24g |
| **Bed-time** | Chamomile tea |  |  |

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| **Day 8** |

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|  | **Menu** | **Recipe** | **Nutrients** |
| **Morning** | Green tea+ 6-soaked almonds |  |  |
| **Breakfast** | Egg muffins with veggies | 2 whole eggs + 2 egg whites+ bell pepper+ spinach+onion+mushroom+salt and spices | 200kcal/20g |
| **Lunch** | Punchmel dal curry and rice with salad | ¼cup(toor dal, moong dal,chana dal,masoor dal,urad dal) +veggies+ salt and spices  ½cup rice+Chickpea salad | 390kcal/20g |
| **Evening** | Coconut water |  |  |
| **Dinner** | Palak Chicken with rice | 80g chicken + 1 cup palak+ onion+garlic+ tomato + ginger garlic paste+ salt and spices ½cup basmati rice | 310kcal/28g |
| **Bed-time** | Chamomile tea |  |  |

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| **Day 9** |

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|  | **Menu** | **Recipe** | **Nutrients** |
| **Morning** | Fenugreek water |  |  |
| **Breakfast** | Egg scrambled with veggies | 1 whole egg + 4 egg whites+ ½cup diced bell pepper+½cuo tomato+¼cup spinach+ ¼cup mashroom+¼cup onion+1 tbsp olive oil+fresh herbs + spices | 311kcal/22g |
| **Lunch** | Normal meal | ¾cup rice + 1 cup any pallya( don't add thadka)+  ½cup Sambar+70g chicken ( less oil)+6-7 slice of cucumbers | 420kcal/30g |
| **Evening** | Coconut water |  |  |
| **Dinner** | Soya chunks keema with chapati | ½cup soya chunks minced+ ¼ cup onion+¼cup tomato+¼cuo bell pepper+¼cup carrots+ginger garlic paste+salt and spices.  1½ whole wheat chapati | 400kcal/19.8g |
| **Bed-time** | Chamomile tea |  |  |

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| **Day 10** |

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|  | **Menu** | **Recipe** | **Nutrients** |
| **Morning** | Soaked chia seeds water |  |  |
| **Breakfast** | Smoothie bowl | ½cup unsweetened soy milk+½ frozen banana+¼cuo frozen berries+1tbsp almond butter+1 tbsp chia seed+1 tbsp chopped nuts+ coconut flakes | 351kcal/11g |
| **Lunch** | Chana Tofu pulao with salad | 150g tofu+¼cup chana ½cup basmati rice+1 tbsp olive oil+1 s onion +½cup (carrots+peas+bell pepper) +ginger garlic+salt and spices | 450kcal/20g |
| **Evening** | Coconut water |  |  |
| **Dinner** | Baingan ka barta and jowar roti with boiled eggs | 1 medium eggplant + onion+tomato+ chilly+ginger garlic paste+salt and spices  1 jowar roti + 2 boiled eggs+ 2 egg whites | 344kcal/24.3g |
| **Bed time** | Chamomile tea |  |  |

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| **Day 11** |

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|  | **Menu** | **Recipe** | **Nutrients** |
| **Morning** | Cinnamon water with 4 walnuts |  |  |
| **Breakfast** | Avocado toast with egg | 1 slice whole grain bread/sourdough bread+¼ avocado+2 boiled eggs+sprinkle chia seeds+salt and pepper | 328kcal/19g |
| **Lunch** | Normal meal | ¾cup rice + 1 cup any pallya( don't add thadka)+  ½cup Sambar+70g chicken ( less oil)+6-7 slice of cucumbers | 420kcal/30g |
| **Evening** | Coconut water |  |  |
| **Dinner** | Grilled chicken and chapathi with salad | 80g Grilled chicken breast+1 medium chapati+salad | 270kcal/31g |
| **Bed time** | Chamomile tea |  |  |

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| **Day 12** |

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|  | **Menu** | **Recipe** | **Nutrients** |
| **Morning** | Ginger-lemon water + mixed seeds |  |  |
| **Breakfast** | Oats omlette | ¼cup oats+2 whole eggs+ 2 egg whites+¼cup Onion+¼cup Tomato | 273kcal/22.9g |
| **Lunch** | Rajma with rice | 1 cup cooked rajma+½cup rice+¼cup onion+¼cup tomato+ spices  Cucumber onion salad | 356kcal/20g |
| **Evening** | Coconut water |  |  |
| **Dinner** | Bhindi masala with roti and | 1 cup bhindi+¼cup onion+ ¼cup tomato+ salt and spices  70g grilled or cooked chicken  1 whole wheat chapati | 323kcal/31.7g |
| **Bed-time** | Chamomile tea |  |  |

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| **Day 13** |

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|  | **Menu** | **Recipe** | **Nutrients** |
| **Morning** | Ajwain water + soaked almonds |  |  |
| **Breakfast** | Pancake | 1 ripe avocado+½cup oats flour+¼ cup almond milk+1 large egg | 518kcal/15g |
| **Lunch** | Lemon pepper chicken and rice and salad | 80g Grilled chicken breast+black pepper+ ¼ cup rice+ salad (lettuce+cucumber+onion+tomato) | 214kcal/27g |
| **Evening** | Coconut water |  |  |
| **Dinner** | Roasted Sweet potato and cauliflower with tofu | 150g Tofu+ ½cup sweet potato+1 cup cauliflower | 205kcal/18g |
| **Bed time** | Chamomile tea |  |  |

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| **Day 14** |

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|  | **Menu** | **Recipe** | **Nutrients** |
| **Morning** | Jeera water+mixed seeds |  |  |
| **Breakfast** | Chickpea omlette | ¾ cup chickpea flour+½ cup water+ ¼ cup Onion+¼cup Spinach + salt and spices | 374kcal/18g |
| **Lunch** | Fish meal | 100g grilled fish (with less oil)+ ½cup rice+½cup steamed mixed veggies | 300kcal/26g |
| **Evening** | Coconut water |  |  |
| **Dinner** | Chicken shorba with single roti and green chutney | 70g chicken+ chicken broth+spices+onion tomat+ spring onion+fresh herbs  Single whole wheat chapati+  sesame chutney | 290kcal/23g |
| **Bed-time** | Chamomile tea |  |  |

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| **Day 15** |

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|  | **Menu** | **Recipe** | **Nutrients** |
| **Morning** | Amla juice+ 5 soaked almonds |  |  |
| **Breakfast** | Egg wrap | 2 whole eggs + 2 egg whites+ 1 whole wheat chapati+¼cup spinach | 276kcal/22g |
| **Lunch** | Lemon rice with chana salad | ½cup rice+1 tbsp olive oil+½tsp mustard seeds+ turmeric powder+1 tbsp lemon juice + ¼cup onion  1 cup boiled chana+¼ cucumber+¼cup tomato + 1 tbsp onion+lemon juice+ salt and pepper | 523kcal/18g |
| **Evening** | Coconut water |  |  |
| **Dinner** | Ragi roti with chicken curry | 1 ragi roti+80g chicken curry | 320kcal /24g |
| **Bed-time** | Chamomile tea |  |  |