

DAILY PLANNER

Date: 29th March 2021

M T W TH F S S

Goal for Second Trimester

Eat more protein and fiber, Less sugar intake. Occasional Swiggy/Zomato. Never miss any appointment/ Medicine

Urgent

To Do

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Appointment

07:00 AM – Kick Start Your Day
07:00 AM – Thyronorm
07:15 AM – Freshen up
07:30 AM – Pan 40
07:45 AM – Coconut Water
07:45 AM – Banana and Dry Fruit
09:00 AM – Breakfast
11:00 AM – Mid Morning Snacks

01:00 PM – Lunch
04:00 PM – Evening Snacks
06:00 PM – Makhana and Fruit
08:00 PM – Dinner
09:00 PM – Milk
11:00 PM – Off to bed

Meal Tracker

Breakfast – Any two

Poha, Egg White (Compulsory), MG Bread, Roti
Sabji, Idly, Dosa, Paratha, Dalia, Milk (Compulsory)

Mid-Morning Snacks – Any One

Sprouts, Green Salad, Channa, Chat, Fruits

Lunch

Chawal, Dal, Roti, Sabji, Papad, Salad

Evening Snacks – Any One

Sweet Potato, Sweet corn, Mix fruits, Soup

Compulsory (Beet Root+ Carrot + Spinach + Amla) Juice

Sprouts, Makhana

Dinner

Chawal, Dal, Roti, Sabji, Papad, Salad

Notes

3 – 4 Liters of water / day.

30 – 40 Minutes of walk.
