Specialized diet plans:

1 DIABETES PATIENT ->

Veg.

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| BREAKFAST | LUNCH | DINNER |
| Vegetable poha/ vegetable upma (made in olive oil) | Rajma rice ( boondi raita + papad + salad) | Bottle guard curry with chapati(curd+salad) |
| Mixed Veg Grilled Sandwitch | Dal(of your choice)+mix veg +chapati(salad +papad+vegetable raita ) | Tomato soup+grilled paneer and sorted vegetable salad. |

Non-Veg

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| BREAKFAST | LUNCH | DINNER |
| Omlet(2 eggs) +sugar free milk shake(vanilla,mango) | Fish curry +rice(salad+pickle) | Bottle guard curry with chapati(curd+salad) |
| 2 boiled eggs +nuts +glass of milk(sugarfree) | grilled chicken and chapati(slad+raita+papad) | Fish soup and sorted vegetable. |

2 WEIGHTLOSS DIET

Veg.

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| BREAKFAST | LUNCH | DINNER |
| Assorted Nuts+fruit salad(apple,orange,papaya and any other seasonal fruit ) | Dal(of your choice )+mix veg +2 bajra chapati(slad+raita+papad) | Bowl of tomato soup+grilled paneer and broccoli salad |
| Assorted Nuts+glass of milk(sugarfree) +cereal | Rajma and brown rice(boondi raita ,salad) | Bowl of mix veg soup + kinua salad. |

Non Veg.

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| BREAKFAST | LUNCH | DINNER |
| 2 boiled eggs + sugar free milk | Grilled chicken and chapati (salad) | Fish soup+vegetable salad |
| Vegetable omlet+carrot and beatroot juice | Mutton curry +rice(salad+raita) | Vegetable soup +grilled chicken and salad |