

BRAN PLAN

Start your day with fruits
Bed tea +1 biscuit

Breakfast – fruits + milk +2 toast

Lunch - 2 bran roti (50% atta 50% beggary's wheat
bran) + vegetable + salad + curd

Evening – tea/milk + 2 biscuits

Dinner – 2 bran roti + vegetable + salad

Ist 3 days

No [dal, rice, paneer, soya, egg, nonveg., outside food]

Free foods

Tea
Coffee
Milk
Lassi
Soup
Orange
Fruits
Vegetables
Salad

Till
6:30pm

Whole wheat roasted namkeen

Wheat
Bajra
Jawar

No

Diet chirwara
Bhuna chana
Comflakes

PANEER PLAN *

Breakfast – fruits + milk + 1 toast

Lunch – paneer sandwich + vegetable + salad (no curd)

Eve. 7pm. – paneer tikka/bhurji + vegetable + salad
(No salt after 7 p.m.)

S.F.D

Salt Free Dinner

Dinner – Fruits + milk

[3 toasts, 200gm paneer of verka/vita
or from 1kg milk]

BESAN ROTI PLAN *

Breakfast – fruits + milk + 1 toast

Lunch – 1/3 atta + 1/3 bran + 1/3 besan + veg + salad
+ curd

Eve. 7pm. – Dhokla + veg + salad
39cs S.F.D

Dinner – Fruits + milk

MOONG DAL PLAN *

Breakfast - fruits + milk + 1 toast 3 toasts

Lunch - moongdalchilka (1katori) + veg + salad +
1 toast no curd

Eve. 7p.m. - moongdal chilka (1katori) + veg + salad
+

1 toast

S.F.D

Dinner - fruits + milk

SOYA NUTRIE PLAN *

Breakfast - fruits + milk + 1 toast 3 toasts

Lunch - soyanutrie (1katori) + veg + salad + 1 toast
no curd

Eve. 7pm. - soyanutrie (1katori) + veg + salad + 1 toast

S.F.D

Dinner - fruits + milk

RICE PLAN

Breakfast – fruits + milk + 1 toast

Lunch – pulao + veg + salad + curd
(Quarter plate)

Dinner – poha + veg + salad
(Quarter plate)

OUTING PLAN

Breakfast – fruits + milk + 1 toast

Lunch – tandoori roti/rice/noodles + veg + salad
(No dal/paneer)

Dinner – poha + veg + salad

EGG PLAN ★

Breakfast – fruits + milk + 1 toast + 1 egg

Lunch – veg + salad + 1 toast no curd

Eve. 7pm. – 1 egg + 1 toast + veg + salad

S.F.D

Dinner – fruits + milk

BESAN CHEELA PLAN *

Breakfast – fruits + milk (no tea/t)

Lunch – 2Besan cheela + veg + salad

Eve. 7pm. – dhokia + veg + salad *no curd*
(3pcs.)

S.F.D

Dinner – fruits + milk

NON VEG PLAN

Breakfast – fruits + milk + 1 toast + 1 egg

Lunch – pulao/maggi/ bran roti/idli + sambar/non veg.
+veg +salad +curd

Dinner – Non veg +veg +salad (no carbohydrates)

Quantity of non veg. unlimited

Grilled , tandoori , baked , dry , steamed , boiled ,
home cooked , fish and chicken

rice /noodles /bread with non veg