

BHAWNA KESHAN-9163727071

GOVT.OF INDIA (AYUSH) CERTIFIED INTERNATIONAL YOGA TEACHER

INTERNATIONALLY CERTIFIED ZUMBA INSTRUCTOR

NAME - SAYANIKA

BMI - 32(OBESE)

AGE - 22

BMR - 1750 CALORIES

HEIGHT - 162cm

WEIGHT - 86KGS

IDEAL WEIGHT - 58-63 KGS

TO-DO-POINTS

- ✓ **WALK 10 MINS AFTER DINNER**
- ✓ **DRINKING 3- 4 L OF WATER A DAY**
- ✓ **HAVE SMALL MEALS FREQUENTLY AND REGULARLY**
- ✓ **EAT RAW VEGETABLES.**
- ✓ **CUTOUT SUGAR, WHITE RICE, REFINED WHEAT FLOUR(MAIDA).**
- ✓ **USE ROCK SALT INSTEAD OF NORMAL SALT**
- ✓ **USE OLIVE OIL FOR COOKING**
- ✓ **DO NOT DRINK WATER AFTER MEALS FOR ½hr.**

ALL THE BEST

DIET PLAN

GOOD MORNING - START YOUR DAY

APPLE CIDER VINEGAR-1TBSP IN LUKE WARM WATER /GREEN TEA - 1CUP

AFTER 30 MINS HAVE YOUR BREAKFAST

BREAKFAST(300 – 400 calories)(9AM - 9.30AM)

1. 4 EGG WHITE (WITHOUT YOLK)-70 CALORIES(MUST)

ANY 3 FRUITS IN BREAKFAST

2. **FRUITS** - PAPAYA-200GM, ORANGE-1, APPLE-1, PEAR-1, GUAVA-1, WATERMELON-1CUP, STRAWBERRY-1CUP, KIWI-1.
3. **ANYONE -:**
 - i) 1 CUP UPMA - (191 CALORIES)
 - ii) 1 CUP POHA - (206 CALORIES)
 - iii) 1 CUP OATS - (150 CALORIES)
 - iv) WHOLE WHEAT BREAD-2 SLICE BROWN BREAD with CHENNA/CUCUMBER, ONION, TOMATO. **(NO BUTTER USE OLIVE OIL TO GREASE)** (300 CALORIES)
 - v) BESAN CHILLA-3 PIECES NO OIL (300 [100*3] CALORIES)

MID MORNING(11AM -11.30AM)

- A. SPROUTS SALAD-1 BOWL (100 CALORIES)

OR

SMOOTHIE (RECIPE GIVEN AT END) -1 GLASS (104 CALORIES)

LUNCH (500-700 CALORIES) (1PM-1.30PM)

I. WHEAT/OATS ROTI-2PCS (85 EACH CALORIES)

OR

BROWN RICE-1CUP (109CALORIES)

II. COOKED CHICKEN BREAST-100GMS (165 CALORIES)

OR

SOYACHUNKS SABJI-1CUP (103 CALORIES)

III. COOKED DAL – 150GM (139 CALORIES)

OR

RAJMA CURRY-150GM (116 CALORIES)

IV. ANY VEGETABLE EXCEPT POTATO (ADD SPINACH) (100 CALORIES)

POST-LUNCH(3PM-3.30PM)

GREEN-TEA-1CUP

EVENING(5PM-5.30PM)(200 CALORIES)

- ALMONDS-10 (76 CALORIES)
- WALNUTS-5 (72 CALORIES)
- 2 EGG WHITE (34 CALORIES)
- VEGETABLE SOUP

DINNER(7.30-8.30PM) (500-600CALORIES)

1. 1 ROTI/DALIA-1 CUP (90 CALORIES)
2. FISH CURRY-100GMS (116 CALORIES)
3. COOKED VEGETABLES (ADD LAUKI) (100 CALORIES)
4. SALAD-CUCUMBER, ONION, TOMATO, CARROT.

AT BED TIME

- LUKE WARM WATER ADD HALF LEMON

OR

WEIGHT LOSS DRINK

BLEND

1 LEMON

1 CUCUMBER

½ tbsp grated ginger

12 leaves of Coriander/ Mint leaves

1/3 cup of Water

Drink this every night before going to Bed.

SMOOTHIE RECIPES

1 CUP SPINACH

½ CUP CUCUMBER

½ CUP CURD

HANDFUL OF MINT LEAVES

PINCH OF ROCK SALT

1 TBSP JEERA POWDER

½ TBSP LEMON JUICE

BLEND ALL THE INGREDIENTS TOGETHER AND DRINK.

DETOX WATER

1 BOTTLE

2-3 APPLES

3-4 CINNAMOM STICKS

Bring water to boil and then reduce heat to simmer. Slice your apples thinly. Add your apple and cinnamon sticks to simmer water for 15 mins. Let it cool. Strain water into glass pitcher. Refrigerate and Enjoy.

DIETING IS NOT STARVATION