07-DAY WEEKLY MEAL PLAN

				DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
								DETOX DAY 1	DETOX DAY2	
CLIENT NAME	DIABETIC INDIVIDUAL	WAKE UP TIME	On wake up Around 6:00 AM	• One cup of GINGER(1/2 INCH) LEMON(1/4 th Slice) + cinnemon(1/2 tsp) tea.	• One cup of GINGER(1/2 INCH) LEMON(1/4 th Slice) + cinnemon(1/2 tsp) tea.	• One cup of GINGER(1/2 INCH) LEMON(1/4 th Slice) + cinnemon(1/2 tsp) tea.	• One cup of GINGER(1/2 INCH) LEMON(1/4 th Slice) + cinnemon(1/2 tsp) tea.	• One cup of GINGER(1/2 INCH) LEMON(1/4 th Slice) + cinnemon(1/2 tsp) tea.	• One cup of GINGER(1/2 INCH) LEMON(1/4 th Slice) + cinnemon(1/2 tsp) tea.	• One cup of GINGER(1/2 INCH) LEMON(1/4 th Slice) + cinnemon(1/2 tsp) tea.
	RDA OF ENERGY -1800 KCL RDA OF PROTEIN - 62 GMS	AFTER Work out	Around 8:30 Am	ONE APPLE/ KIWI / STRABERRIES 100 GMS OR LESS	ONE APPLE/ KIWI / STRABERRIES 100 GMS OR LESS	ONE APPLE/ KIWI / STRABERRIES 100 GMS OR LESS	ONE APPLE/ KIWI / STRABERRIES 100 GMS OR LESS	ONE APPLE/ KIWI / STRABERRIES 100 GMS OR LESS	ONE APPLE/ KIWI / STRABERRIES 100 GMS OR LESS	ONE APPLE/ KIWI / STRABERRIES 100 GMS OR LESS
		BREAKFAST	Around 11:00 AM	• 2 PC. VEG. RAGI CHILLA + COCONUT CHUTNEY + 1 BOWL VEG. SAMBAR	• 2 PC. VEG. JAWAR CHILLA + COCONUT CHUTNEY + 1 BOWL VEG. SAMBAR	* 2 BOWL VEG. BARLEY CHILLA + SAMBAR	• 2 PC. RAGI DOSA + COCNUT CHUTNEY + 1 BOWL VEG. SAMBAR	• 2 PC. RAGI APPE + COCONUT CHUTNEY + SAMBAR	• OVERNIGHT FERMENTED FOXTAIL CHILLA + COCONUT CHUTNEY + SAMBAR.	• FRUIT SMOOTHIE (1 APPLE/100 GM PAPPAYA + 1/2 BOWL CURD + CHIA SEDS 1/2 TSP SOAKED + 1 TSP ISABHGHOL)
		POST BREAKFAST	Around 11 :30 AM	1 CUP BLACK PEPPER(1/4 TSP) + 1/2 TSP CINNEMON POWDER WATER	1 CUP BLACK PEPPER(1/4 TSP) + 1/2 TSP CINNEMON POWDER WATER	1 CUP BLACK PEPPER(1/4 TSP) + 1/2 TSP CINNEMON POWDER WATER	1 CUP BLACK PEPPER(1/4 TSP) + 1/2 TSP CINNEMON POWDER WATER	DETOX WATER	DETOX WATER	1 CUP BLACK PEPPER (1/4 TSP) + 1/2 TSP CINNEMON POWDER WATER
		MID MORNING	Around 12:00 AM	• One bowl miX. fruit (100 gms)	• One bowl miX. fruit (100 gms)	• One bowl miX. fruit (100 gms)	• One bowl miX. fruit (100 gms)	• One bowl miX. fruit (100 gms)	• One bowl miX. fruit (100 gms)	• One bowl miX. fruit (100 gms)
		LUNCH	Around 2:00 PM	• 1 BOWL LOBIA + 1 MULTIGRAIN chapati + Foxtail salad 100gms + CURD 1 BOWL	• 1 med bowl /100gms Veg. brown rice pulao W/O OIL+ 1 BOWL RAJMA CURRY + bajra salad + CURD 1 BOWL	• 1 MULTIGRAIN chapati + 1 BOWL CHANA DAL + jawar salad(60gms) + CURD 1 BOWL	• 1med bowl KABULI CHANNE + 1 med MULTIGRAIN chapati + kodo SALAD 100 GMS + CURD 1 BOWL	• 1 BOWL KALE CHANNE + 1 MULTIGRAIN CHAPATI + samak SALAD	• 1 bowl ALOO METHI + 1 MULTIGRAIN chapati + 100 gms salad + CURD 1 BOWL	• 1 med BOWL HARI MUNG 60gms + 1 MULTIGRAIN CHAPATI + salad 100gms + CURD 1 BOWL
		POST LUNCH	After 30-40 Mins	• 1 CUP MILK TEA SUGAR FREE PREFF. ADD STEVIA BASED SWEETENERS	• 1 CUP MILK TEA SUGAR FREE PREFF. ADD STEVIA BASED SWEETENERS	• 1 CUP MILK TEA SUGAR FREE PREFF. ADD STEVIA BASED SWEETENERS	• 1 CUP MILK TEA SUGAR FREE PREFF. ADD STEVIA BASED SWEETENERS	• 1 CUP MILK TEA SUGAR FREE PREFF. ADD STEVIA BASED SWEETENERS	• 1 CUP MILK TEA SUGAR FREE PREFF. ADD STEVIA BASED SWEETENERS	• 1 CUP MILK TEA SUGAR FREE PREFF. ADD STEVIA BASED SWEETENERS
WORKOUT SESSIONS	* 1/2 HOUR OF BRISK WALK. * 15 MINTS. OF STRAINUS STRENGTH WORKOUT.	EVENING TEA	AROUND 03:30PM	• One cup green tea or herbal tea or fennel tea,1 apple OR One bowl roasted Makhana bhel OR sprouts chaat OR 1 bowl rosted popcorn OR 2-3 pieces of dhokla OR One med bron sandwich or 1 bowl cowpea chaaat or 1 med gls chaas or Roasted Millets	• One cup green tea or herbal tea or fennel tea,1 apple OR One bowl roasted Makhana bhel OR sprouts chaat OR 1 bowl rosted popcorn OR 2-3 pieces of dhokla OR One med bron sandwich or 1 bowl cowpea chaaat or 1 med gls chaas or Roasted Millets	• One cup green tea or herbal tea or fennel tea,1 apple OR One bowl roasted Makhana bhel OR sprouts chaat OR 1 bowl rosted popcorn OR 2-3 pieces of dhokla OR One med bron sandwich or 1 bowl cowpea chaaat or 1 med gls chaas or Roasted Millets	• One cup green tea or herbal tea or fennel tea,1 apple OR One bowl roasted Makhana bhel OR sprouts chaat OR 1 bowl rosted popcorn OR 2-3 pieces of dhokla OR One med bron sandwich or 1 bowl cowpea chaaat or 1 med gls chaas or Roasted Millets	• One cup green tea or herbal tea or fennel tea,1 apple OR One bowl roasted Makhana bhel OR sprouts chaat OR 1 bowl rosted popcorn OR 2-3 pieces of dhokla OR One med bron sandwich or 1 bowl cowpea chaaat or 1 med gls chaas or Roasted Millets	• One cup green tea or herbal tea or fennel tea,1 apple OR One bowl roasted Makhana bhel OR sprouts chaat OR 1 bowl rosted popcorn OR 2-3 pieces of dhokla OR One med bron sandwich or 1 bowl cowpea chaaat or 1 med gls chaas or Roasted Millets	• One cup green tea or herbal tea or fennel tea,1 apple OR One bowl roasted Makhana bhel OR sprouts chaat OR 1 bowl rosted popcorn OR 2-3 pieces of dhokla OR One med bron sandwich or 1 bowl cowpea chaaat or 1 med gls chaas or Roasted Millets
GENERAL INSTRUCTIONS	• 4 Lts of water everyday • 6 hrs sleep everyday • 45-50 mins of workout 6 times a week • No potatoes and peas.	EVENING SNACK	AROUND 5:00 PM	• Any 1 whole fruit.	• Any 1 whole fruit.	• Any 1 whole fruit.	• Any 1 whole fruit.	• Any 1 whole fruit.	• Any 1 whole fruit.	• Any 1 whole fruit.
		DINNER	Around 7 PM	* BROCCOLI SOUP 1 BOWL + SOYABEAN SALAD(1 BOWL)	* TOMATO SOUP + CHANNA CHAAT(1 BOWL)	* CHEESE CHILLI(5-6 PCS. PANEER) + CABBAGE SOUP (1 BOWL)	* CHANNA SOUP + COOKED MOONG SPROUTS(1 SMALL BOWL)	* MUSHROOM TIKKA + VEG. LENTIL SOUP	* CHICPEA STEW + BAKED BEANS	**• Any cheat meal of your choice**
		BEFORE BED TIME	Around 9 PM	• 1 cup lukewarm lemon grass/TULSI water+ 1/4 tsp black pepper	• 1 cup lukewarm lemon grass/TULSI water+ 1/4 tsp black pepper	• 1 cup lukewarm lemon grass/TULSI water+ 1/4 tsp black pepper	• 1 cup lukewarm lemon grass/TULSI water+ 1/4 tsp black pepper	• 1 cup lukewarm lemon grass/TULSI water+ 1/4 tsp black pepper	• 1 cup lukewarm lemon grass/TULSI water+ 1/4 tsp black pepper	• 1 cup lukewarm lemon grass/TULSI water+ 1/4 tsp black pepper