

# 07-DAYS WEEKLY MEAL PLAN

CLIENT NAME	DIET PLAN FOR OBESITY
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Energy - 1800 kcl, protien - 65gm
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FOOD ALLERGIES	NK /VEG./SED.
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GENERAL INSTRUCTIONS	<ul style="list-style-type: none"> <li>• 3-4 Lts of water everyday</li> <li>• 6-7 hrs of sleep everyday</li> <li>• 30-40 mins of workout 4-5 times a week</li> <li>• No potatoes, Sweetpotatoes, BEETROOTS.</li> <li>• 20 mins mandatory walk after dinner</li> <li>• Finish your dinner as early as possible</li> <li>• No artificial drinks or food</li> <li>* Avoid sugar as much as possible.</li> <li>• Eat 1-2 Dates, nuts, popcorns, fruit, khakhra, one cup milk (for late night cravings).</li> <li>* SLEEP IN DARK ROOM.</li> <li>* SLEEP BY</li> </ul>
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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WAKE UP TIME	Around 06:00AM	• 1 glass of Fennel seeds lukewarm + cinnamon (1/4 tsp) water (1 tsp soaked)	• 1 glass of Fennel seeds lukewarm + cinnamon (1/4 tsp) water (1 tsp soaked)	• 1 glass of Fennel seeds lukewarm + cinnamon (1/4 tsp) water (1 tsp soaked)	• 1 glass of Fennel seeds lukewarm + cinnamon (1/4 tsp) water (1 tsp soaked)	• 1 glass of Fennel seeds lukewarm + cinnamon (1/4 tsp) water (1 tsp soaked)	• 1 glass of Fennel seeds lukewarm + cinnamon (1/4 tsp) water (1 tsp soaked)
POST WORKOUT	Around 8 :00 Am	ONE APPLE/ANY FRUIT (100 GMS)	ONE APPLE/ANY FRUIT (100 GMS)	ONE APPLE/ANY FRUIT (100 GMS)	ONE APPLE/ANY FRUIT (100 GMS)	ONE APPLE/ANY FRUIT (100 GMS)	ONE APPLE/ANY FRUIT (100 GMS)
BREAKFAST	Around 11:30 AM	• 1 RAGI/ JAWAR STUFFED chapati+ CURD 1 BOWL LOW FAT + salad 350	• 1 RAGI/ JAWAR STUFFED chapati+ CURD 1 BOWL LOW FAT + salad 351	• 1 RAGI/ JAWAR STUFFED chapati+ CURD 1 BOWL LOW FAT + salad 352	• 1 RAGI/ JAWAR STUFFED chapati+ CURD 1 BOWL LOW FAT + salad 353	• 1 RAGI/ JAWAR STUFFED chapati+ CURD 1 BOWL LOW FAT + salad 354	• 1 RAGI/ JAWAR STUFFED chapati+ CURD 1 BOWL LOW FAT + salad 355
MID MORNING	AROUND 12:30 PM	1 PC. RAGI CHILLA	1 BOWL JAWAR CHILLA	1 BOWL BAJRA DALIA	1 BOWL JAWAR FLAKES	1 BOWL JAWAR POPS	1 BOWL ROASTED FOXNUTS
LUNCH	Around 02:30-3:00 PM	• 1 med bowl dry KABULI channa 80gms+1 RAGI roti + salad 100gms	• 1 med bowl of dal fry 80gms + 1 RAGI roti + SALAD + BOWL	• 1 RAGI chapati + any Dal(1 bowl)+ salad (100 gms)	• One bowl kidney bean curry+ 1 RAGI CHAPATI + salad 60gm	• 1 med bowl any dal 60gms + 1 RAGI roti + salad 60 GM	• 1 med bowl KALE CHANE 60gms + 1 RAGI roti + sprouts salads (60 gms)
POST LUNCH	After 30-40 Mins	• 1 gl of Lukewarm BLACK PEPPER (PINCH OF)+ TURMERIC(1/4TSP) water	• 1 gl of Lukewarm BLACK PEPPER (PINCH OF)+ TURMERIC(1/4TSP) water	• 1 gl of Lukewarm BLACK PEPPER (PINCH OF)+ TURMERIC(1/4TSP) water	• 1 gl of Lukewarm BLACK PEPPER (PINCH OF)+ TURMERIC(1/4TSP) water	• 1 gl of Lukewarm BLACK PEPPER (PINCH OF)+ TURMERIC(1/4TSP) water	• 1 gl of Lukewarm BLACK PEPPER (PINCH OF)+ TURMERIC(1/4TSP) water
EVE. TEA	AROUND 05:00PM	* 2 tsp Barley satu powder in 100 ml water	* 2 tsp Barley satu powder in 100 ml water	* 2 tsp Barley satu powder in 100 ml water	* 2 tsp Barley satu powder in 100 ml water	* 2 tsp Barley satu powder in 100 ml water	* 2 tsp Barley satu powder in 100 ml water
EVE. SNACK	AROUND 5 :30	• 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 06:30PM	• 1 med bowl millets/ Bajra khichadi + salad(80 gms)	• 1 BOWL BAJRA VEG. DALIA + soyachunksveggies(1 bowl) +	• 1 BOWL JAWAR VEG. DALIA+ mix veg. +salad 60gm	• Soyabean dal 60gms + 1 RAGI roti + salad	• 1 med bowl gobhi chillies roasted with black pepper 150gms + 1 RAGI chutney + salad	• 1 cheat meal of your choice