07-DAYS WEEKLY MEAL PLAN FOR WEIGHT REDUCTION/OVERWEIGHT

PATIENT NAME	FOR OVERWEIGHT PATIENT T. CALORIES - 1400 KCAL PROTEIN - 60 GMS FAT - 35 GMS
PRINCIPAL OF DIET	LOW FAT DIET
GENERAL INSTRUCTIONS TO CONSIDER	• Take plenty of fliuids around 3 Lts. Per Day. • 6-7 Hrs Of Sleep Everyday • PHYSICAL ACTIVITY OR 60 Mins Of yoga/ brisk Walk 5-6 Times A Week

		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Empty Stomach	Around 07:00 AM	one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 5 almonds soaked	one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 5 almonds soaked	one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 5 almonds soaked	one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 5 almonds soaked	one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 5 almonds soaked	one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 5 almonds soaked	one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 5 almonds soaked
Pre-WORKOUT	Around 07:30 AM	one pc. Coconut water	one pc. Coconut water	one pc. Coconut water	one pc. Coconut water	one pc. Coconut water	one pc. Coconut water	one pc. Coconut water
Post workout	Around 08:30 AM	two tsp satu powder in 100 ml of water.	two tsp satu powder in 100 ml of water.	two tsp satu powder in 100 ml of water.	two tsp satu powder in 100 ml of water.	two tsp satu powder in 100 ml of water.	two tsp satu powder in 100 ml of water.	two tsp satu powder in 100 ml of water.
BREAKFAST	Around 10 : 30 AM	* Jawar Chapati 2 PC./jawar Veg. Poha/Upma/Dalia/poha/idli/dhokla (2 pc./2 bowl) + 1 bowl low fat curd 100GMS / 1 CUP chach/lassi (150 Ml)	* Jawar Chapati 2 PC./jawar Veg. Poha/Upma/Dalia/poha/idli/dhokla (2 pc./2 bowl) + 1 bowl low fat curd 100GMS / 1 CUP chach/lassi (150 Ml)	* Jawar Chapati 2 PC./jawar Veg. Poha/Upma/Dalia/poha/idli/dhokla (2 pc./2 bowl) + 1 bowl low fat curd 100GMS / 1 CUP chach/lassi (150 Ml)	* Jawar Chapati 2 PC./jawar Veg. Poha/Upma/Dalia/poha/idli/dhokla (2 pc./2 bowl) + 1 bowl low fat curd 100GMS / 1 CUP chach/lassi (150 Ml)	* Jawar Chapati 2 PC./jawar Veg. Poha/Upma/Dalia/poha/idli/dhokla (2 pc./2 bowl) + 1 bowl low fat curd 100GMS / 1 CUP chach/lassi (150 Ml)	* Jawar Chapati 2 PC./jawar Veg. Poha/Upma/Dalia/poha/idli/dhokla (2 pc./2 bowl) + 1 bowl low fat curd 100GMS / 1 CUP chach/lassi (150 Ml)	* Jawar Chapati 2 PC./jawar Veg. Poha/Upma/Dalia/poha/idli/dhokla (2 pc./2 bowl) + 1 bowl low fat curd 100GMS / 1 CUP chach/lassi (150 Ml)
MID MORNING	Around 12: 00 PM	• One med size Fruit(apple/NASHPATI/watermelon/muskmelon/JAMUN/ORANGE/MOUSAMI) or 100 gms. + 1 blue yakult	• One med size Fruit(apple/NASHPATI/watermelon/muskmelon/JAMUN/ORANGE/MOUSAMI) or 100 gms. + 1 blue yakult	• One med size Fruit(apple/NASHPATI/watermelon/muskmelon/JAMUN/ORANGE/MOUSAMI) or 100 gms. + 1 blue yakult	• One med size Fruit(apple/NASHPATI/watermelon/muskmelon/JAMUN/ORANGE/MOUSAMI) or 100 gms. + 1 blue yakult	• One med size Fruit(apple/NASHPATI/watermelon/muskmelon/JAMUN/ORANGE/MOUSAMI) or 100 gms. + 1 blue yakult	• One med size Fruit(apple/NASHPATI/watermelon/muskmelon/JAMUN/ORANGE/MOUSAMI) or 100 gms. + 1 blue yakult	• One med size Fruit(apple/NASHPATI/watermelon/muskmelon/JAMUN/ORANGE/MOUSAMI) or 100 gms. + 1 blue yakult
	Around 01:00 pm	1 glass kanji beetroot based	2 glass kanji beetroot based	3 glass kanji beetroot based	1 glass kanji beetroot based	2 glass kanji beetroot based	3 glass kanji beetroot based	1 glass kanji beetroot based
LUNCH	Around 02 : 30 PM	• 1 med bowl Any sabji +2 multigrain chapati + Cucumber/onion/Mul i (1 bowl) + 1 BOWL CURD	• 1 med bowl sabji + 2 Multigrain Chapati + SALAD + 1 BOWL CURD	• 2 Multigrain chapati +any sabji (1 bowl)+ salad (100 gms) +1 BOWL CURD	• One bowl Any sabji+ 2 Multigrain CHAPATI + salad 60gm + 1 BOWL CURD	• 1med bowl any sabji+ 2 Multigrain Chapati + salad 60gms +1 BOWL CURD	• 1 med bowl karela + 2 Multigrain chapati + salads (60 gms) + curd 1 bowl	• 2 Multigrain CHAPATI+ SHIMLAMIRCH PYAAZ 1 BOWL + salad 1 BOWL + CURD 1 BOWL
EVE. TEA	AROUND 05:00 PM	ONE CUP GREEN TEA/MILK TEA/COFEE 1 CUP/100 ML + ROASTED MILLETS HANDFULL/ Roasted sprouts 1 bowl	ONE CUP GREEN TEA/MILK TEA/COFEE 1 CUP/100 ML + ROASTED MILLETS HANDFULL/ Roasted sprouts 1 bowl	ONE CUP GREEN TEA/MILK TEA/COFEE 1 CUP/100 ML + ROASTED MILLETS HANDFULL/ Roasted sprouts 1 bowl	ONE CUP GREEN TEA/MILK TEA/COFEE 1 CUP/100 ML + ROASTED MILLETS HANDFULL/ Roasted sprouts 1 bowl	ONE CUP GREEN TEA/MILK TEA/COFEE 1 CUP/100 ML + ROASTED MILLETS HANDFULL/ Roasted sprouts 1 bowl	ONE CUP GREEN TEA/MILK TEA/COFEE 1 CUP/100 ML + ROASTED MILLETS HANDFULL/ Roasted sprouts 1 bowl	ONE CUP GREEN TEA/MILK TEA/COFEE 1 CUP/100 ML + ROASTED MILLETS HANDFULL/ Roasted sprouts 1 bowl
Eve. Snack	Around 07:00 pm	Egg white 3 + salad	Egg white 3 + salad	Egg white 3 + salad	Egg white 3 + salad	Egg white 3 + salad	Egg white 3 + salad	Egg white 3 + salad
DINNER	Around 09:00PM	• 2 med bowl millets/ Bajra khichadi OR 2 Chapati + MUNG DHULI DAL 1 BOWL + Salad(80 gms)	• 2 Chapati + (2 bowl) DHULI UDAD DAL + salad(80gms)	• 2 chapati+ 2 BOWL CHANA DAL+ salad 60gm	• 2 BOWL ARHAR DAL 1 BOWL + 1 CHAPATI + salad	• 1 BOWL MUNG DHULI + 1 chapati + SALAD	• 1 RAGI CHILLA + 1 BOWL DHULI UDAD + salad	• 1 CHAPATI +1 BOWL ARHAR DAL + SALAD
BED TIME	9:30 PM	* 1 CUP/150 ML SKIMMED MILK + 2 tsp Isabhghol husk	* 1 CUP/150 ML SKIMMED MILK + 2 tsp Isabhghol husk	* 1 CUP/150 ML SKIMMED MILK + 2 tsp Isabhghol husk	* 1 CUP/150 ML SKIMMED MILK + 2 tsp Isabhghol husk	* 1 CUP/150 ML SKIMMED MILK + 2 tsp Isabhghol husk	* 1 CUP/150 ML SKIMMED MILK + 2 tsp Isabhghol husk	* 1 CUP/150 ML SKIMMED MILK + 2 tsp Isabhghol husk