

## High Protein DIET PLANNER

### Week 1 : Diet planner

#### Early morning

- ✓ Luke warm water with ginger lemon + 5 overnight soaked almonds OR
- ✓ Luke warm water with overnight soaked 2 teaspoon of chia seeds + 1 teaspoon honey OR
- ✓ Luke warm water + 1 teaspoon of roasted flax seeds + black pepper

#### Breakfast

- ✓ 2 pcs of moong dal chilla + paneer bhurji (with seasonal vegetables) OR
- ✓ 2 pcs of besan cheela + peanut coconut chutney + vegetable stir fry OR
- ✓ Quinoa upma + boiled eggs + coconut peanut chutney

#### Mid-morning

- ✓ Apple pomegranate salad (with walnuts & chia seeds) OR
- ✓ Roasted fox nuts with a cup of protein shake OR
- ✓ Black coffee with homemade protein bar/laddoo.

#### Lunch

- ✓ 2 pcs of roti + a cup of dal (with soya chunks, seasonal vegetables) + a cup of curd OR
- ✓ 2 pcs Roti + egg curry + green salad + a cup of curd OR
- ✓ 2 pcs of roti + a cup of paneer curry + a cup of boiled chana salad

#### Snacks (evening)

- ✓ A cup of fox nut bhel snack with green tea OR
- ✓ A cup of lemon tea + roasted chana OR
- ✓ Roasted almond/ peanut + a cup of buttermilk

#### Dinner

- ✓ 2 pcs of ragi chilla + vegetable bharta + a cup of dal OR
- ✓ Chicken/Paneer/Tofu stir fry with quinoa OR
- ✓ Mushroom broccoli soup with toasted multigrain bread + stir fried vegetables

## Week 2 : Diet planner

### Early morning

- ✓ Luke warm water with a pinch of turmeric and black pepper OR
- ✓ Luke warm water with overnight soaked 2 teaspoon of almonds OR
- ✓ Luke warm water + 1 teaspoon of roasted sesame seeds

### Breakfast

- ✓ 2 pcs of soya paratha + vegetable stir fry OR
- ✓ 2 pcs of dal paratha + peanut coconut chutney + vegetable stir fry OR
- ✓ Oats upma + boiled egg whites + coconut chutney

### Mid-morning

- ✓ Roasted foxnut and peanut + green tea OR
- ✓ Sliced apple with peanut butter OR
- ✓ Chana sprouts + pomegranate salad + lemon tea

### Lunch

- ✓ 2 pcs of roti + Palak paneer + salad OR
- ✓ 2 pcs Roti + bhindi aloo sabzi + dal + salad OR
- ✓ 2 pcs of roti + mix dal curry + tofu bhaji + salad

### Snacks (evening)

- ✓ A cup of tea with bhel salad OR
- ✓ Black coffee or milk coffee with 2 pcs of digestive biscuits OR
- ✓ 2 boiled eggs

### Dinner

- ✓ 2 pcs of whole wheat roti + a cup of dal (with spinach) + seasonal vegetables OR
- ✓ Oats khichdi + paneer sabzi + salad OR
- ✓ 2 pcs of paneer/egg sandwich with vegetable soup

## Week 3 : Diet planner

### Early morning

- ✓ Beet root juice with 5 pcs of walnuts OR
- ✓ Apple juice with overnight soaked and peeled almonds OR
- ✓ Cucumber tomato juice with a teaspoon of roasted flax seeds

### Breakfast

- ✓ 2 pcs of paneer paratha with curd OR
- ✓ 1 pc of moong dal dosa + a cup of sambar and peanut chutney OR
- ✓ Quinoa khichdi + masala buttermilk

### Mid-morning

- ✓ Boiled chana salad with peanut OR
- ✓ Moong Sprouts salad with pomegranate OR
- ✓ Peanut butter toast

### Lunch

- ✓ 2 pcs of roti + seasonal vegetable bhaji + peanut chutney OR
- ✓ A small cup of rice + mix dal curry + paneer sabzi + salad OR
- ✓ A small cup of rice + curd + egg curry

### Snacks (evening)

- ✓ A cup of curd fruit salad OR
- ✓ A cup of green tea + roasted sunflower seeds OR
- ✓ Homemade sesame laddoo with dates

### Dinner

- ✓ Dalia vegetable khichdi + paneer sabzi + salad OR
- ✓ 2 pcs of jowar/ bajra roti + egg bhurji + dal + salad OR
- ✓ Aloo bharta + dal + a cup of rice (with ghee)

## Week 4 : Diet planner

### Early morning

- ✓ Ginger lemon honey water OR
- ✓ Pomegranate ginger juice OR
- ✓ ACV (2 tsp) with a cup of luke warm water.

### Breakfast

- ✓ Dalia khichdi + aloo matar curry OR
- ✓ Oats porridge + 2 boiled eggs + vegetable scramble OR
- ✓ Pumpkin sabzi + 1 small paneer paratha

### Mid-morning

- ✓ Broccoli capsicum walnut salad OR
- ✓ Roasted mix seeds with green tea OR
- ✓ Chamomile tea with boiled chana & apple salad

### Lunch

- ✓ 2 pcs of roti + lauki chana dal + seasonal vegetables OR
- ✓ 2 pcs of roti + palak matar aloo + dal + salad OR
- ✓ A cup of vegetable pulao + paneer sabzi

### Snacks (evening)

- ✓ A cup of fox nut bhel with green tea OR
- ✓ A cup of lemon tea + roasted chana OR
- ✓ Roasted almond/ peanut + coconut water

### Dinner

- ✓ 2 pcs of whole wheat chilla + vegetable bharta + a cup of dal OR
- ✓ Dal khichdi + soya sabzi + vegetable raita OR
- ✓ 2 pcs of roti + egg scramble + a cup of vegetable stir fry.