

NON-VEGETARIAN DIET PLANNER

Week 1 : Diet planner

Early morning

- ✓ Luke warm paani + ginger lemon + 3 overnight soaked dates OR
- ✓ Luke warm paani + overnight soaked 2 tsp chia seeds OR
- ✓ Luke warm paani + 1 tsp roasted flax seeds

Breakfast

- ✓ 2 pcs beetroot paratha + egg bhurji (seasonal veggies ke saath) OR
- ✓ 1 pc egg spinach paratha + mix vegetable stir fry OR
- ✓ Poha (veggies & peanut ke saath) + egg vegetable soup

Mid-morning

- ✓ Apple-pomegranate salad (shaved almonds/walnuts ke saath) OR
- ✓ Roasted makhana + ek cup green tea/lemon tea OR
- ✓ Black coffee + homemade protein bar/laddoo

Lunch

- ✓ 2 roti + ek cup dal (papaya, pumpkin, aur seasonal veggies ke saath) + ek cup curd raita OR
- ✓ 1 cup rice + egg capsicum curry + ek cup curd OR
- ✓ 2 roti + ek cup paneer curry + ek cup boiled chana vegetable salad

Snacks (evening)

- ✓ Ek cup fox nut bhel + green tea OR
- ✓ Ek cup lemon tea + roasted chana OR
- ✓ Roasted almond/peanut + ek cup coconut water ya lemon water

Dinner

- ✓ 2 pcs ragi chilla + chicken keema + ek cup dal OR
- ✓ Dal khichdi + aloo beans bhaji + 1 boiled egg OR
- ✓ Mushroom broccoli soup + toasted bread (1 pc) + grilled chicken with veggies

Week 2 : Diet planner

Early morning

- ✓ Luke warm paani + thoda turmeric & black pepper
- ✓ Luke warm paani + overnight soaked 2 tsp almonds ya walnuts (3-4 pcs)
- ✓ Luke warm paani + 1 tsp roasted sesame seeds.

Breakfast

- ✓ 2 pcs cabbage paratha + curd + seasonal vegetable stir fry OR
- ✓ 2 pcs dal paratha + mix veg stir fry + peanut coconut chutney OR
- ✓ Vegetable upma + sambar + coconut peanut roasted chana chutney

Mid-morning

- ✓ Roasted makhana & peanut + green tea OR
- ✓ Sliced apple + peanut butter OR
- ✓ Chana sprouts + apple + pomegranate salad + lemon tea.

Lunch

- ✓ 2 roti + palak paneer + salad OR
- ✓ 2 roti + bhindi aloo sabzi + dal + salad OR
- ✓ 2 roti + mix dal curry + cauliflower curry + salad

Snacks (evening)

- ✓ Ek cup regular chai + bhel salad OR
- ✓ Black coffee ya milk coffee + 2 digestive biscuits OR
- ✓ Chamomile tea/ginger lemon tea

Dinner

- ✓ 2 roti ya ek chhoti bowl roti + ek cup dal (spinach ke saath) + chicken curry OR
- ✓ Oats khichdi + potato parwal bhaji + salad OR
- ✓ 2 pcs paneer sandwich + vegetable soup

Week 3 : Diet planner

Early morning

- ✓ Beetroot juice + 2-3 pcs walnuts OR
- ✓ Apple juice + 2-4 pcs overnight soaked & peeled almonds OR
- ✓ Cucumber tomato juice + 1 tsp roasted flax seeds.

Breakfast

- ✓ 2 pcs paneer paratha + 2 boiled eggs OR
- ✓ 1 pc paneer dosa + sambar + ek chhoti bowl peanut chana coconut chutney OR
- ✓ 1 pc moong dal paratha + ek bowl peanut coriander chutney + ek cup masala chass

Mid-morning

- ✓ Boiled matar/chana salad + peanut OR
- ✓ Moong sprouts salad + pomegranate apple OR
- ✓ Ek pc peanut butter toast.

Lunch

- ✓ 2 roti + seasonal vegetable bhaji + peanut chutney (Thecha)
- ✓ Ek chhoti bowl rice + mix dal curry + ek cup cauliflower capsicum carrot + salad OR
- ✓ Ek chhoti bowl rice + ek chhoti bowl curd + aloo matar bhaji ya paneer/tofu

Snacks (evening)

- ✓ Ek cup curd fruit salad OR
- ✓ Ek cup green tea + roasted sunflower seeds OR
- ✓ Homemade sesame laddoo + dates.

Dinner

- ✓ Dalia vegetable khichdi + turai aloo sabzi + salad OR
- ✓ 2 pcs jowar/ragi/bajra roti (ghee brush) + paneer bhurji + dal + salad OR
- ✓ Aloo bharta + dal + ek cup rice (ghee ke saath) + 2-3 pcs grilled ya shallow fried fish

Week 4 : Diet planner

Early morning

- ✓ Ginger lemon honey water OR
- ✓ Pomegranate ginger juice OR
- ✓ ACV (2 tsp) + ek cup lukewarm water

Breakfast

- ✓ Ek bowl dalia vegetable khichdi + aloo matar curry OR
- ✓ Oats porridge (milk ke saath) + apple watermelon/banana apple salad OR
- ✓ Vegetable salad + peanut & 2 eggs bhurji + ek cup chai

Mid-morning

- ✓ Broccoli capsicum (boiled) + walnut salad OR
- ✓ Roasted mix seeds (handful) + ek cup green tea/lemon tea OR
- ✓ Chamomile tea + boiled chana + pomegranate cucumber apple salad

Lunch

- ✓ 2 roti + lauki chana dal + seasonal green leafy vegetable bhaji OR
- ✓ 2 roti + palak matar aloo + dal + salad OR
- ✓ Ek cup rice pulao (veggies ke saath) + paneer

Snacks (evening)

- ✓ Ek cup fox nut bhel + green tea OR
- ✓ Ek cup lemon tea + roasted chana OR
- ✓ Roasted almond/peanut + ek cup coconut water ya lemon water

Dinner

- ✓ 2 pcs whole wheat chilla + egg curry + salad OR
- ✓ Dal khichdi + potato beans bhaji + vegetable raita OR
- ✓ Mushroom broccoli soup + toasted bread (1 pc) + stir-fried veggies.