

VEGETARIAN DIET PLANNER

Week 1 : Diet planner

Early morning

- ✓ Luke warm paani + adrak nimbu + 3 raat bhar bheege hue dates OR
- ✓ Luke warm paani + 2 chammach raat bhar bheege hue chia seeds OR
- ✓ Luke warm paani + 1 chammach roasted flax seeds

Breakfast

- ✓ 2 beetroot paratha + paneer bhurji (seasonal sabzi ke saath) OR
- ✓ 2 palak paratha + mix vegetable stir fry + peanut coconut chutney OR
- ✓ Poha (sabzi aur peanut ke saath) + vegetable soup/stew

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, kaddu, seasonal vegetables ke saath) + ek cup curd raita OR
- ✓ 2 roti + soya chunks vegetable curry + ek cup dahi OR
- ✓ 2 roti + ek cup paneer curry + ek cup boiled chana vegetable salad

Snacks (evening)

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

Dinner

- ✓ 2 ragi chilla + vegetable bharta + ek cup dal OR
- ✓ Dal khichdi + aloo beans sabzi + vegetable raita OR
- ✓ Mushroom broccoli soup + ek slice toasted bread + stir-fried vegetables.

Week 2 : Diet planner

Early morning

- ✓ Luke warm paani + haldi + kali mirch OR
- ✓ Luke warm paani + raat bhar bheege hue 2 chammach badam ya akhrot (3-4 pcs) OR
- ✓ Luke warm paani + 1 chammach roasted sesame seeds OR

Breakfast

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

Mid-morning

- ✓ Roasted makhana aur 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 + gobhi 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 small bowl roti + ek cup dal (palak ke saath) + seasonal vegetables (cabbage, broccoli, capsicum, gobhi) OR
- ✓ Oats khichdi + aloo parwal sabzi + salad OR
- ✓ 2 paneer sandwich + vegetable soup

Week 3 : Diet planner

Early morning

- ✓ Beetroot juice + 2-3 akhrot OR
- ✓ Apple juice + 2-4 raat bhar bheege hue aur chilke utare hue badam OR
- ✓ Cucumber tomato juice + 1 chammach roasted flax seeds

Breakfast

- ✓ 2 paneer paratha + curd OR
- ✓ 1 paneer dosa + ek cup sambar + ek small cup peanut chana coconut chutney OR
- ✓ 1 moong dal paratha + ek cup peanut coriander chutney + ek cup masala chass

Mid morning

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

Lunch

- ✓ 2 roti + seasonal vegetable bhaji + peanut chutney (Thecha)
- ✓ Ek small cup rice + mix dal curry + ek cup gobhi capsicum gajar + salad
- ✓ Ek small cup rice + ek small cup curd + aloo matar bhaji/curry + paneer/tofu

Snacks (evening)

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

Dinner

- ✓ Dalia vegetable khichdi + turai aloo sabzi + salad OR
- ✓ 2 jowar/ragi/bajra roti (ghee brushed) + paneer bhurji + dal + salad OR
- ✓ Aloo bharta + dal + ek cup rice (ghee ke saath)

Week 4 : Diet planner

Early morning

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

Breakfast

- ✓ Ek cup dalia vegetable khichdi + aloo matar curry OR
- ✓ Oats porridge (milk ke saath) + apple watermelon/banana apple salad OR
- ✓ Pumpkin sabzi + ek small paneer/dal paratha.

Mid-morning

- ✓ Boiled broccoli capsicum + walnut salad OR
- ✓ Roasted mix seeds (ek muthi) + 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 (sabzi ke saath) + paneer.

Snacks (evening)

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

Dinner

- ✓ 2 whole wheat chilla + vegetable bharta + ek cup dal OR
- ✓ Dal khichdi + aloo beans sabzi + vegetable raita OR
- ✓ Mushroom broccoli soup + ek slice toasted bread + stir-fried vegetables.