



Patient Name: sonam raut

Ht 5.3 , wt 55 , age:- 31 BMI 21 .4 IBW :-60 KG

Dietician: Dt. Ashwini Narnaware

Protocol: 1

DIET PLAN

Time	Plan	Notes
Early Morning (6 am to 7 am)	Empty Stomach - Alkaline water/detox water: 200 ml warm water +1-2 pinch Dalchini + 1-2 pinch Haldi + 5gm Amla Powder/ 1/2 Lemon juice +	
Breakfast (8 am to 9 am)	Mixed fruit plate (blueberry, strawberry, apple, kiwi, sweet lime) (Add Fresh Coconut and pumpkin seeds on Fruits) OR Besan chila /Dal chila/Apple mung dal + green chutni/ Mung Dal Idali +coconut chutni	No Grain breakfast
Lunch (12 pm to 1 pm)	Start with a plate of salad (200- 250gm) (carrot, tomato, cabbage, radish, onion etc / boil sprouts tofu rajma) Take 1/2 hr break Then have lunch Start lunch with 1 katori Daal- Sabji (2 katori)	Allowed Vegetables): – All fruit vegetables: Cabbage, carrot, bottle gourd, ridge gourd, tomato, bitter gourd, okra, radish, capsicum, drumstick, ivy gourd, snake gourd – Leafy greens: Methi, coriander leaves, lettuce

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	and Jawari/ Bajara /Emmer wheat Roti OR 1/2 katori Brown Rice (2 Katori sabji : 1 Roti).	etc. Use single grain in one meal Use flax seed/pumpkin seeds(in moderation) garlic+coconut chutney in meals
3 pm - 4 pm	Slim Tea/ Herbal tea / lemon tea/ detox tea/ Hunza tea 20 gm makhana/(4 almonds + 2 walnuts)/Roasted Chana/Millet Khakhra/ Sprouts Boil	detox tea (Jeera Saunf flax seed comb)
6 pm - 7 pm	Alkaline water/detox water: 200 ml warm water +1-2 pinch Dalchini + 1-2 pinch Haldi + 5gm Amla Powder/ 1/2 Lemon juice	
Dinner (8 pm - 9 pm)	Mix veg soup or 1-2 l (200- 300 ml) of Homemade soup (vegetable/mixveg tomato/sprout) same as lunch OR one meal bowl. (Emmer wheat dalia, chile, thalipith, millet khichadi add chole rajma panner tofu mixed veg)	

Note Avoid pack food can food , smoking drinking ,

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Recommended Exercises:

- 45 Minutes exercise
- Start with stretch
- Walk / tread mill
- 300 clapping.
- Climb stairs up/down 2 floors at a Time (as per your capacity).