

Patient Name: MR
Ht 5.4, wt 81 , age:- 35 BMI 30.7 IBW :-58 KG

Dietician: Dt. Ashwini Narnaware
Protocol: 1

DIET PLAN

Time	Plan	Notes
Early Morning (6 am to 7 am)	Empty Stomach - Dhaniya water/ Methi Water (After 30 min Slim Tea)	Exercise as given at end of this plan
Breakfast (8 am to 9 am)	Green smoothie 2 glass Or Besan chila /Dal chila/Appa mung dal + green chutni/ Mung Dal Idali +coconut chutni	Hezal nuts/ Brazil nuts No Grain breakfast
Lunch (12 pm to 1 pm)	Before 30 min Take slim trim Tablet Start with a plate of salad (200-250gm) (carrot, tomato, radish, onion etc / boil sprouts rajma) Take 1/2 hr break Then have lunch Start lunch with 1 katori Daal- Sabji (2 katori) and Jawari/ Bajara /Emmer wheat Roti OR 1/2 katori Brown Rice (2 Katori sabji : 1 Roti).	Use single grain in one meal Use flax seed/pumpkin seeds(in moderation) garlic+coconut chutney in meals ,
3 pm - 4 pm	slim tea/ lemon tea/ detox tea/ Hunza tea 20 gm makhana/(4 almonds + 2 walnuts)/Roasted Chana/Millet Khakhra/ Sprouts Boil/ Hungar Bar	detox tea (Jeera Saunf flax seed comb)
6 pm - 7 pm	Methi Water / Dhaniya	

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Dinner (8 pm - 9 pm)	Mix veg soup or 1-2 bowls (200-300 ml) of Homemade soup (vegetable/mixveg tomato/sprout) same as lunch OR salad avoid one meal bowl. (Emmer wheat dalia, chile, thalipith, millet khichadi add chole rajma panner mixed veg)	
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NUTRITION GUIDELINES

Exercise :- tapping shaking , hitting , pressing

Hydration

- 2–3 L/day water, more if sweating heavily.

Intermittent Fasting 16 hr strictly

Ye thyroid hormone banne me interfere karte hain — cooked form me kabhi-kabhi chalega.

Raw cabbage

Raw cauliflower

Broccoli (raw)

Soya chunks, soy nuggets (daily mat lo)

Note Avoid pack food can food , smoking drinking ,

Recommended Exercises:

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

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