Fp

	Client Name						Program	Nutri-lab	Get I	Fit Program (NLGF)					Die	et Plan Given on					
	ID						Dept	Nutri-Lab					Medication Conditions								
Day	Mornin			Break fas			Mid	1		Lunch			Mid Me			Dinner Chapati-2			Post Dinner		Tot
1	Lukewarm	Carbs Proteins	1	Tea-1 small cup	Carbs	20 16.5		Carbs Proteins	10 0.9	Jeera rice-1 kat Sambar-1 kat/Chicken curry-1	Carbs Proteins	40	Green tea-1 cup	Carbs	8.3 1.1	Mix veg-1 kat (add green leafy	Carbs Proteins	32 10		Carbs	1
	lemon water-1	Fats	0.1	Egg toast-1/Paneer toast-1 Oil-1 tsp Soaked almond-4+walnut-1	Fats	10.5	Orange-1	Fats 0.3		kat 3 Oil-1 tsp	Fats 15 Calories 3	15.2	Roasted makhana+murmura mixture-1 kat	Proteins Fats Calories	0	veggies) Oil-1 tsp Cucumber curd-1 kat Salad-1 plate	Fats Calories	4		Proteins Fats Calories	
	glass	Calories	3			300			63			359									1
		culories	9		culones	500		culones	0.0		culotics	555		culorico	50	Salau-1 plate	carones	550		carones	
2		Carbs	1	Tea-1 small cup	Carbs	30		Carbs	10	Paneer vegetable pulao-	Carbs	38	Green tea-1 cup	Carbs	8.3	Roasted chicken salad loaded	Carbs	23		Carbs	
	Lukewarm lemon water-1	Proteins	0.1	Dahi vegetable sandwich-1	Proteins	11	Apple-1	Proteins	0.3	1.5 kat/Chicken veg pulao-1.5 kat Oil-1 tsp	Proteins	14	Roasted	Proteins	1.1	with vegetables-1 bowl/Sprouted moong salad	Proteins	18		Proteins	
	glass	Fats	0.1	(add lettuce) Oil-1 tsp	Fats	14.4	Apple-1	Fats	0.7	Mix veg raita-1 kat	Fats	15	makhana+murmura mixture-1 kat	Fats	0	loaded with vegetables-1 bowl (add green leafy veggies)	Fats	10		Fats	
	-	Calories	0	Soaked almond-4+walnut-1	Calories	350		Calories	88	Salad-1 plate	Calories	380		Calories	56		Calories	239		Calories	
3	1.1	Carbs	1	Tea-1 small cup Spinach veg omelet-1 (1 egg	Carbs	16		Carbs	10	Steamed rice-1 kat	Carb	39.8	Green tea-1 cup	Carbs	8.3	Chapati-2	Carbs	32.1		Carbs	
	Lukewarm lemon water-1	Proteins	0.1	white+1 egg whole)/Besan	Proteins	14.7	Guava-1	Proteins	1.8	Paneer curry-1 kat Oil-1 tsp	Proteins	18	Roasted	Proteins	1.1	Drumstick curry/Lauki veg-1 kat	Proteins	8		Proteins	
	glass	Fats	0	vegetable cheela-2 small Oil-1 tsp	Fats	17		Fats	0.7	Mint buttermilk-1 glass	Fats	15	makhana+murmura mixture-1 kat	Fats	0	Oil-1 tsp	Fats	9		Fats	
		Calories	3	Soaked almond-4+walnut-1	Calories	356		Calories	48	Salad-1 pltae	Calories	370	mature 1 hat	Calories	56	Salad-1 plate	Calories	274		Calories	
									1 1												
4		Carbs	_		Carbs			Carbs			Carbs			Carbs			Carbs			Carbs	<u> </u>
		Proteins	_		Proteins			Proteins			Proteins			Proteins			Proteins			Proteins	
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E		Carbs	_		Carbs			Carbs			Carbs			Carbs			Carbs			Carbs	
5		Proteins	_		Proteins			Proteins			Proteins			Proteins			Proteins			Proteins	
_		Fats			Fats			Fats			Fats			Fats			Fat			Fats	_
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6		Carbs			Carbs			Carbs			Carbs			Carbs			Carbs			Carbs	
		Proteins			Proteins			Proteins			Proteins			Proteins			Proteins			Proteins	
		Fats			Fats			Fats			Fats			Fats			Fats			Fats	
		Calories			Calories			Calories			Calories			Calories			Calories			Calories	
7		Carbs			Carbs			Carbs			Carbs			Carbs			Carbs			Carbs	
		Proteins			Proteins			Proteins			Proteins			Proteins			Proteins			Proteins	
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		Calories			Calories			Calories			Calories			Calories			Calories			Calories	

Dietary guidelines-

Maintain a diet diary.
Include food items from all food groups.
Do not skip your meals and consume small but frequent meals.
Use low fat milk and its products in the diet.
Consume a fruit daily of your choice.
Increase the intake of fruits and vegetables in the diet, in the form of fruit chaat and salads.
Avoid refined cereals such as refined flour, refined pasta or noodles.
In place of refined cereals, incorporate whole cereals such as ragi, bajra, oats, etc.
Use good sources of MUFAs and PUFAs in the diet, such as mustard oil, rice bran oil, sunflower oil, soyabean oil, etc.
Use combination of oils in food preparation.
Drink around 2L of water in a day, i.e., 7-8 glasses/ day.
Avoid processed foods and foods high in salt, sugar and fat such as chips, namkeens, biscuits, pickles, etc.
Engage yourself in physical activity daily for 1/2 an hr. to 45 mins.