



Client Name				Program	Nutri-lab Get Fit Program (NLGF)				Diet Plan Given on													
ID				Dept	Nutri-Lab				Medication Conditions													
Day	Morning Meal			Break fast			Mid Meal			Lunch			Mid Meal			Dinner			Post Dinner			Total
1	Lukewarm fenugreek water-1 glass	Carbs	4	Tea-1 cup Paneer vegetable uttapam-1 Oil-1 tsp Chutney of choice-1 tsp	Carbs	25	Seasonal fruit-1	Carbs	10	Rice-1 kat Dal palak -1 kat Oil-1 tsp Salad-1 plate	Carbs	38	Green tea-1 cup Roasted makhana-1 kat	Carbs	10	Oats methi chapati-2 Mix veg-1 kat Oil-1 tsp Jeera curd-1/2 kat Salad-1 plate	Carbs	42.6		Carbs		129.6
	Soaked almond-4+walnut-1+anjeer-1/2	Proteins	2.2		Proteins	12.1		Proteins	0.3		Proteins	11		Proteins	1.6		Proteins	13.8		Proteins		41
		Fats	5		Fats	8		Fats	0.7		Fats	8.8		Fats	0		Fats	10		Fats		32.5
		Calories	79		Calories	333		Calories	88		Calories	268		Calories	56		Calories	378		Calories		1202
2	Lukewarm fenugreek water-1 glass	Carbs	4	Tea-1 cup Dahi sandwich-1 Oil-1 tsp Chutney of choice-1 tsp	Carbs	30	Seasonal fruit-1	Carbs	10	Oats chapati-2 Masoor dal-1 kat Oil-1 tsp Salad-1 plate	Carbs	46	Green tea-1 cup Roasted chana+murmura-1 kat	Carbs	9.3	Paneer tikka-4-5 pc Grilled vegetables-1 kat Tomato soup-1 bowl	Carbs	21		Carbs		120.3
	Soaked almond-4+walnut-1+anjeer-1/2	Proteins	2.2		Proteins	9.3		Proteins	0.3		Proteins	14		Proteins	3.3		Proteins	20		Proteins		49.1
		Fats	5		Fats	8.4		Fats	0.7		Fats	8		Fats	3		Fats	20		Fats		45.1
		Calories	79		Calories	274		Calories	88		Calories	309		Calories	77		Calories	450		Calories		1277
3	Lukewarm fenugreek water-1 glass	Carbs	4	Tea-1 cup Vegetable oats-1.5 kat Oil-1 tsp	Carbs	30	Seasonal fruit-1	Carbs	10	Oats chapati-2 Pancharatan dal-1 kat Oil-1 tsp Salad-1 plate	Carb	40	Green tea-1 cup Roasted makhana-1 kat	Carbs	10	Spinach vegetable khichdi-1.5 kat Oil-1.5 tsp Vegetable raita-1 kat Salad-1 plate	Carbs	35		Carbs		129
	Soaked almond-4+walnut-1+anjeer-1/2	Proteins	2.2		Proteins	10		Proteins	0.3		Proteins	15		Proteins	1.6		Proteins	11.6		Proteins		40.7
		Fats	5		Fats	10		Fats	0.7		Fats	11		Fats	0		Fats	7.9		Fats		34.6
		Calories	79		Calories	280		Calories	88		Calories	368		Calories	56		Calories	330		Calories		1201
4	Lukewarm fenugreek water-1 glass	Carbs	4	Tea-1 cup Vegetable poha with peanuts-1 kat Oil-1 tsp	Carbs	30	Seasonal fruit-1	Carbs	10	Tawa paneer frankie roll-1 Soup of choice-1 bowl	Carbs	32	Green tea-1 cup Roasted chana+murmura-1 kat	Carbs	9.3	Vegetable pulao-1.5 kat Oil-1 tsp Jeera curd-1 kat Salad-1 plate	Carbs	38.7		Carbs		124
	Soaked almond-4+walnut-1+anjeer-1/2	Proteins	2.2		Proteins	14.5		Proteins	0.3		Proteins	15		Proteins	3.3		Proteins	9		Proteins		44.3
		Fats	5		Fats	14		Fats	0.7		Fats	17		Fats	3		Fats	8		Fats		47.7
		Calories	79		Calories	322		Calories	88		Calories	365		Calories	77		Calories	332		Calories		1263
5	Lukewarm fenugreek water-1 glass	Carbs	4	Tea-1 cup Lettuce vegetable sandwich-1 Oil-1 tsp	Carbs	28	Seasonal fruit-1	Carbs	10	Rice-1 kat Mix dal-1 kat Oil-1 tsp Mint buttermilk-1 glass Salad-1 plate	Carbs	43	Green tea-1 cup Roasted makhana-1 kat	Carbs	10	Choley palak salad loaded with vegetables-1 bowl Soup of choice-1 bowl	Carbs	34		Carbs		129
	Soaked almond-4+walnut-1+anjeer-1/2	Proteins	2.2		Proteins	13		Proteins	0.3		Proteins	17		Proteins	1.6		Proteins	16		Proteins		50.1
		Fats	5		Fats	12		Fats	0.7		Fats	13		Fats	0		Fat	7.9		Fats		38.6
		Calories	79		Calories	300		Calories	88		Calories	367		Calories	56		Calories	318		Calories		1208
6	Lukewarm fenugreek water-1 glass	Carbs	4	Tea-1 cup Vegetable daliya-1.5 kat Oil-1 tsp	Carbs	28	Seasonal fruit-1	Carbs	10	Sprouted moong+rajma salad loaded with vegetables-1 bowl Soup of choice-1 bowl	Carbs	36	Green tea-1 cup Roasted chana+murmura-1 kat	Carbs	9.3	Oats chapati-2 Soyabean curry-1 kat Oil-1 tsp Curd-1 kat Salad-1 plate	Carbs	39		Carbs		126.3
	Soaked almond-4+walnut-1+anjeer-1/2	Proteins	2.2		Proteins	8		Proteins	0.3		Proteins	14		Proteins	3.3		Proteins	13		Proteins		40.8
		Fats	5		Fats	7.4		Fats	0.7		Fats	8		Fats	3		Fats	9		Fats		33.1
		Calories	79		Calories	235		Calories	88		Calories	301		Calories	77		Calories	420		Calories		1200
7	Lukewarm fenugreek water-1 glass	Carbs	4	Tea-1 cup Methi+dal paratha-1 Oil-1 tsp Chutney of choice-1 tsp	Carbs	23	Seasonal fruit-1	Carbs	10	Oats methi chapati-2 Moong dal-1 kat Oil-1 tsp Curd-1 kat Salad-1 plate	Carbs	42	Green tea-1 cup Roasted makhana-1 kat	Carbs	10	Rice-1 kat Sambar-1 kat Oil-1 tsp Salad-1 plate	Carbs	39		Carbs		128
	Soaked almond-4+walnut-1+anjeer-1/2	Proteins	2.2		Proteins	8.3		Proteins	0.3		Proteins	16		Proteins	1.6		Proteins	12		Proteins		40.4
		Fats	5		Fats	7		Fats	0.7		Fats	10		Fats	0		Fats	8.1		Fats		30.8
		Calories	79		Calories	255		Calories	88		Calories	424		Calories	56		Calories	300		Calories		1202

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.