

Client Name		Program		Diet Plan Given on					
ID		Dept		Medication Conditions					
Day	Morning Meal 8:00 am	Break fast	Mid Meal 10:00 am	Lunch	Mid Meal 4:00-5:00 pm	Dinner 6:00 pm	Post Dinner 8-8:30 pm	Total	
1	OMAD	Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	Lemon water 1 glass (with pink salt)	Carbs Proteins Fats Calories	Lemon water 1 glass (with pink salt)	Carbs Proteins Fats Calories	50 40 32.3 787
2	5 Soaked almonds 1 walnut	Dahi Vegetable Sandwich 1 1 Seasonal fruit	Seed mix 1 bsp	Wheat Oats Roti 1 Mix Veg subzi 1.5k Oil -1 tsp Salad 1 k	Buttermilk 1 glass	Tuar Dal 1k Rice 1k Onion Tomato Kachumber 1k		121.7 40.5 22.5 1027	
3	IF		Yoghurt with mixed fruits and seeds 1 bowl 1 Boiled egg Leftover Chana Dal paratha 2 + 1 tbsp green chutney		Grilled Paneer 100 gm Peas & Carrot Pualo 1.5 k (Add more veggies and less rice) Thick Curd 1k			81.9 45.9 43.2 982	
4	OMAD			Lemon water 1 glass (with pink salt)	Tandoori chicken breast (2) salad with onion, capsicum and mint chutney-1 bowl Cream of mushroom soup-1 bowl Chia seed pudding-1 kat	Lemon water 1 glass (with pink salt)		34 52 60 900	
5	IF		5 Almonds + 2 walnut 1 Glass Thick namkeen Lassi Matar Paratha 2		Chicken roll 2			117.9 65.5 55.7 1083	
6	OMAD			Lemon water 1 glass (with pink salt)	200gm Yogurt mixed with fruits and 1tsp seeds + 5 soaked almonds + 2 walnuts mixed altogether - 1 bowl Paneer Paratha 2 + 1 tbsp green chutney	Lemon water 1 glass (with pink salt)		64.4 40 40 800	
7	IF		Paneer+spinach uttapam-2 Oil-1.5 tsp Fruit-1 Soaked almonds - 5 + 1 soaked fig		Jeera pulao- 1 k Chole curry- 2 kat.. Oil- 1 tsp Buttermilk- 1 glass Cucumber+carrot- 1 whole			103 46 35 1000	