

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	Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	Lemon water 1 glass (with pink salt)	Carbs Proteins Fats Calories	5 Almonds soaked + 2 walnut 1 Bowl Papaya + 2 Boiled Eggs Chicken Pulao (Also Add lots of veggies in it) 2k 1k Curd Carbs 50 Proteins 51 Fats 32.3 Calories 880	Lemon water 1 glass (with pink salt) Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	50 51 32.3 880
2	Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	Lemon water 1 glass (with pink salt)	Carbs Proteins Fats Calories	1 kiwi + 5 soaked almonds + 2 walnuts Thick curd 2k + Paneer Masala subzi 1.5 k + Three bean chaat 1k Oats wheat roti 1 Carbs 60 Proteins 41 Fats 23 Calories 789	Lemon water 1 glass (with pink salt) Carbs 39 Proteins 14.1 Fats 3.1 Calories 320	Carbs Proteins Fats Calories	99 55.1 26.1 1109
3	Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	Lemon water 1 glass (with pink salt)	Carbs Proteins Fats Calories	1 apple/Pear + 5 soaked almonds + 2 walnut Dal dhokli 1 bowl Paneer roasted 50 gm + 1 glass buttermilk Greek salad 1 bowl Carbs 73 Proteins 48 Fats 32 Calories 900	Lemon water 1 glass (with pink salt) Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	73 48 32 900
4	Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	Lemon water 1 glass (with pink salt)	Carbs Proteins Fats Calories	Tandoori chicken breast (2) salad with onion, capsicum and mint chutney-1 bowl Cream of mushroom soup-1 bowl Chia seed pudding-1 kat Carbs 34 Proteins 52 Fats 60 Calories 900	Lemon water 1 glass (with pink salt) Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	34 52 60 900
5	Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	Lemon water 1 glass (with pink salt)	Carbs Proteins Fats Calories	Fruit salad 1 bowl + 5 soaked almonds + 2 walnuts Pakora kadhi 2k + Rice 1k Blackbean & Corn salad 1 bowl Carbs 76 Proteins 40 Fats 30 Calories 700	Lemon water 1 glass (with pink salt) Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	76 40 30 700
6	Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	Lemon water 1 glass (with pink salt)	Carbs Proteins Fats Calories	200gm Yogurt mixed with fruits and 1tsp seeds + 5 soaked almonds + 2 walnuts mixed altogether - 1 bowl Paneer Paratha 2 + 1 tbsp green chutney Carbs 64.4 Proteins 40 Fats 40 Calories 800	Lemon water 1 glass (with pink salt) Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	64.4 40 40 800
7	Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	Lemon water 1 glass (with pink salt)	Carbs Proteins Fats Calories	1 apple + 5 almonds + 2 figs soaked Chicken/Mutton Stew salan 1.5k 2 oats wheat roti 1 Boiled eggs 1 Plate salad Carbs 50 Proteins 54 Fats 40 Calories 700	Lemon water 1 glass (with pink salt) Carbs Proteins Fats Calories	Carbs Proteins Fats Calories	50 54 40 700