

Client Name- Shirisha Varanasi

Age- 29

Weight- 76

Total Cals-2000-2300

DAYS	AFTER WAKING UP	BREAKFAST	MID MORNING SNACK	LUNCH	EVENING SNACK	DINNER
MONDAY	1 glass warm water with half lemon & honey	2 Green Moong Dal Cheela with 1 katori Curd	<ul style="list-style-type: none">1 scoop of Plant Protein	<ul style="list-style-type: none">1 cup salad before lunch2 roti with Egg Curry1 katori dahi or 1 glass of chaach	Any one seasonal fruit + 1 Walnut, 4 Almonds and a tablespoon of Flax seeds	2 rotis with Paneer & Capsicum sabzi
TUESDAY	1 glass warm water with half lemon & honey	1 small bowl Poha with 50gms Paneer and 10-15 peanuts + one small glass of Milk	<ul style="list-style-type: none">1 scoop of Plant Protein	<ul style="list-style-type: none">1 cup salad before lunch1 katori rice with Rajma1 katori dahi or 1 glass of chaach	Any one seasonal fruit + 1 Walnut, 4 Almonds and a tablespoon of Flax seeds	2 Rotis with Black Masoor Dal
WEDNESDAY	1 glass warm water with half lemon & honey	3 Idlis with Sambhar & coconut chutney	<ul style="list-style-type: none">1 scoop of Plant Protein	<ul style="list-style-type: none">1 cup salad before lunch2 roti with Drumstick curry1 katori dahi or 1 glass of chaach	1 small katori Roasted Makhanas with 1 nuts & seeds of your choice	1 small katori Vegetable Daliya with 2 boiled eggs
THURSDAY	1 glass warm water with half lemon & honey	2 Sooji, Oats, Besan Cheela with a glass of milk	<ul style="list-style-type: none">1 scoop of Plant Protein	<ul style="list-style-type: none">1 cup salad before lunch2 ragi rotis with Paneer Bhurji1 katori dahi or 1 glass of chaach	Any one seasonal fruit + 1 Walnut, 4 Almonds and a tablespoon of Flax seeds	2 rotis with 2 Eggs Curry
FRIDAY	1 glass warm water with half lemon & honey	1 Vegetable Paneer Sandwich	<ul style="list-style-type: none">1 scoop of Plant Protein	<ul style="list-style-type: none">1 cup sprouts salad before lunch2 roti with any seasonal sabzi1 katori dahi or 1 glass of chaach	Any one seasonal fruit + 1 Walnut, 4 Almonds and a tablespoon of Flax seeds	1 small bowl Khichdi (Add lots of veggies & a dash of Desi Ghee)
SATURDAY	1 cup Jeera & Saunf water.	2 Eggs Omelette with a slice of bread	<ul style="list-style-type: none">1 scoop of Plant Protein	<ul style="list-style-type: none">1 cup salad before lunch2 roti with black chana1 katori dahi or 1 glass of chaach	Any one seasonal fruit + 1 Walnut, 4 Almonds and a tablespoon of Flax seeds	2 rotis with Yellow moong Dal
SUNDAY	1 cup Jeera & Saunf water.	1 medium Dosa with Sambhar & coconut chutney	<ul style="list-style-type: none">1 scoop of Plant Protein	<ul style="list-style-type: none">1 cup salad before lunch2 roti with Kadhi1 katori dahi or 1 glass of chaach	1 small katori Ragi halwa	1 katori rice with Paneer stir fry