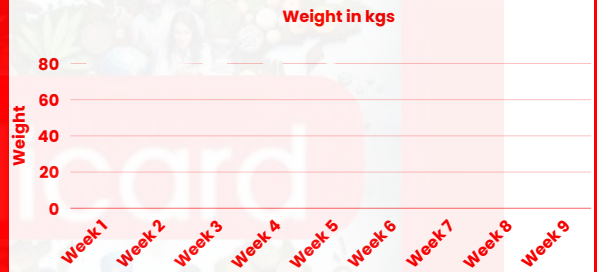




HELPING BEYOND
HOPE

WEEKLY MEAL PLANNER

Progress Tracker



Name		Nationality		Hip & Waist	
Age		Height		Dosha	
Gender		Weight		Target Weight	
Allergen		BMI		Weight to lose:	

WEEK-	Obesity Reversal Program			DATE-
Days	BREAKFAST 11 AM	LUNCH 3 PM	DINNER 6 PM	
TUE	BOILED QUINOA + METHI-PEAS SABZI + YOGURT + SOAKED NUTS	CARROT JUICE + BOILED SPROUTS	BAKED CHICKEN WITH HERBS + STIR FRIED CABBAGE & BELL PEPPERS + OLIVE OIL	
WED	PANEER BESAN CHEELA + MINT YOGURT DIP + PAPAYA BOWL	ROASTED MAKHANA + POMEGRANATE	GRILLED CHICKEN + STIR FRIED ZUCCHINI + CARROT-BEET SALAD + 1TSP GHEE	
THURS	GLUTEN FREE STEEL CUT MASALA OATS + BOILED EGG + SOAKED NUTS	VEGETABLE BROTH + BELL PEPPERS+ CUCUMBER AND OLIVE SALAD	PANEER TIKKA + STIR FRIED LAUKI & BELL PEPPERS + OLIVE OIL	
FRI	RAGI DOSA + MIX VEGETABLE SAMBHAR + COCONUT CHUTNEY + SOAKED NUTS	CUCUMBER + MINT + LIME + GINGER SMOOTHIE + ROASTED NUTS	BAKED FATTY FISH + STEAMED SPINACH, BROCCOLI & MUSHROOM + 1TSP GHEE	
SAT	SCRAMBLED EGGS + AVOCADO + SEED MIX	CARROT ,TOMATO,RADISH SALAD+ STIR FRY MUSHROOM AND SPINACH	GRILLED PANEER + CHICKPEA MASH + GREEN SALAD + OLIVE OIL & FLAXSEEDS	
SUN	CHIA PUDDING WITH COCONUT MILK & ALMONDS + MASHED BANANA + SEED MIX	TOMATO LENTIL SOUP + ROASTED CARROTS	LAMBS CHOPS + CAULIFLOWER MASH & ASPARAGUS + BEETROOT SALAD + 1TSP GHEE	
MON	CHEESE AND MUSHROOM OMLETTE + CARROT JUICE + ROASTED FLAXSEEDS	AVOCADO SPINACH SMOOTHIE	GRILLED FISH + STEAMED CARROTS + CUCUMBER SALAD + OLIVE OIL	