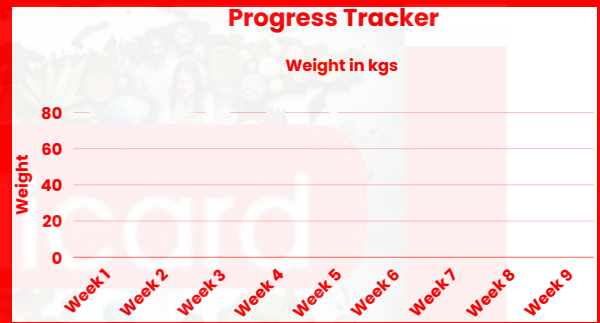




WEEKLY MEAL PLANNER



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

WEEK-	DIABETES REVERSAL PROGRAM		DATE-
Days	BREAKFAST 11 AM	LUNCH 3 PM	DINNER 6 PM
FRI	STEEL CUT GLUTEN FREE MASALA OATS WITH TOMATO , PEAS, ONION + PAPAYA + BOILED EGGS	STEAMED CARROT AND BEETROOT + GREEN JUICE (CORAINDER + SPINACH + TOMATO) + SOAKED NUTS	BROWN RICE MIX VEGETABLE PULAU + STIR FRY VEGETABLES + 1TSP GHEE
SAT	VEG QUNIOA + SOAKED NUTS + BOILED EGG	BITTERGOURD JUICE + MIX VEGETABLE SALAD + 1TSP FLAXSEEDS	GRILLED CHICKEN + STIR FRIED ZUCCHINI + BAJRA (MILLET) ROTI + 1 TSP GHEE
SUN	PANEER WRAP (MILLET) + MINT YOGURT(COCONUT) DIP + PAPAYA BOWL	COCONUT , BERRY BOWL + SOAKED NUTS + CINNAMON TEA	LENTIL-VEG STEW + JOWAR (MILLET) ROTI + SAUTEED BEANS + CUCUMBER AND TOMATO SALAD + 1TSP OLIVE OIL
MON	RAGI PORRIDGE + BOILED EGG + KIWI	STEAMED BOTTLE GOURD + GREEN SALAD + GREEN TEA	MIX VEGETABLE BROWN RICE KHICHDI + DRUMSTICK SOUP + 1TSP GHEE + CUCUMBER AND BEETROOT SALAD
TUE	MASALA OMLETTE WITH CHEESE AND SPINACH + PAPAYA + SOAKED NUTS	STIR FRY MUSHROOM AND ZUCHINI + CARROT JUICE	LEMON PRAWNS + JOWAR (MILLET) ROTI + SAUTEED ZUCCHINI & BELL PEPPERS
WED	SCRAMBLED PANEER + CARROT JUICE + ROASTED FLAXSEEDS	VEG SOUP + ROASTED MAKHANA (FOXNUTS)	FISH CURRY + BAJRA (MILLET) ROTI + STEAMED BROCCOLI + CARROT-BEET SALAD
THUR	STEEL CUT GLUTEN FREE OATS WITH WHOLE MILK + SOAKED NUTS	BOILED CHICKPEA + GREEN TEA	BAJRA (MILLET) ROTI + CHICKEN CURRY + MIX VEGETABLE SALAD + 1TSP OLIVE OIL