

Dietitian Lavleen's eClinic

Namit Jain

From: 19-06-2024 To: 25-06-2024

Service: Weight Management (29-04-2024 - 29-07-2024)

Diet Counselor:

Verified by: Dt. Lavleen Kaur

Created On: 17-06-2024

Remarks : Focus on time and portion management.

- Do breathing exercise + stretching.**
- Pay gratitude to your meal and think positive.**
- Stay stress free and keep smiling.**
- Enjoy every bite with all senses and make good relation with food.**
- Chew slowly and eat with all your senses.**
- Stay motivated and stay calm.**
- Add 2-3 black raisins while settling curd (prefer cow's milk curd).**
- Soak legumes and pulses in water with pinch of sea salt and 2-3 hours before cooking , discard that water, soak with pinch of hing, ginger powder, turmeric, cook in same water.**
- Smile often, it spreads positivity to your environment.**
- Maintain a journal every night before bed to write 'what you are grateful for.**
- Maintain or note down the daily meal logs for the day to discuss out.**

Full Day Water:7

Namit Jain (Diet Plan for 19-06-2024)**Day 1 [Wednesday]**

6:45 AM	Early morning	<p>Step 1- Pay gratitude, connect with nature, stretch a bit.</p> <p>Step 2- Oil Pulling *[removes the toxicity of liver that accumulates overnight in the saliva] (Method in recipe section)</p> <p>-Mint Infused water</p> <p>Deep Breathing and stretching exercises for 5-10 minutes</p>
7:15 AM	Morning-	<p>-Have 1 Banana/Apple +1 Soaked Prune</p> <p>-During Workout Routine- Have Lemon Water With Chia seeds</p> <p>Post-Workout- Have Jaun Sattu Drink</p>
9:00 AM	Breakfast - Add 1 tsp desi ghee to the meals	-Vegetable Poha With Coconut Chutney
11:30 AM	Mid morning	-Have Coconut Water
1:30 PM	Pre Lunch	Saute or steamed vegetable Salad

2:00 PM	Lunch	<p>-Wheat roti with Matar Paneer + Chana Dal</p> <p>After 20 mins of lunch: Chew 1 small elaichi (cardamom) *[Helps in digestion and is anti-inflammatory]</p> <p>*Have Lemon Water (plain) after 10 -15 mins of meal for better absorption of nutrients</p>
4:30 PM	Pre Dinner (Pre-plan)	<p>5 Almonds (soaked overnight, peeled) with 1 tsp each of pumpkin, poppy and watermelon seeds</p> <p>At 6pm- Have Steamed Paneer Dumpling with mint chutney</p>
8:30 PM	Dinner - (According to appetite)	<p>- Millet Khichari</p> <p>Have warm water 1 glass everyday 20 mins after dinner.</p> <p>Steam before bed (Boil some water, put into a large bowl, add 1-2 drops of eucalyptus oil or 1 drop peppermint oil, cover your head with a towel and do steam inhalation for 5 mins.. gentle, deep inhalations and slow exhalations).</p> <p>Practice Deep breathing exercise before bed (refer to videos section for procedure) *[Body and Mind connectivity and relaxation]</p> <p>Pay Gratitude and be thankful for the day.</p>

Namit Jain (Diet Plan for 20-06-2024)**Day 2 [Thursday]**

6:45 AM	Early morning	<p>Step 1- Pay gratitude, connect with nature, stretch a bit.</p> <p>Step 2- Oil Pulling (Method in recipe section)</p> <p>-Rice Kanji(refer recipe section)</p> <p>Deep Breathing and stretching exercises for 5-10 minutes</p>
7:15 AM	Morning-	<p>-Have Plums/Peaches + 1 Soaked Prune</p> <p>-During Workout Routine- Have Lemon Water With Chia seeds</p> <p>Post-Workout- Have Jaun Sattu Drink</p>
9:00 AM	Breakfast - Add 1 tsp desi ghee to the meals	-Paneer moong dal chilla with curd dip
11:30 AM	Mid morning	-have Coconut milk
1:30 PM	Pre Lunch	-Baked Beetroot Salad
2:00 PM	Lunch	<p>-Vegetable Rice with Rajma + Raita</p> <p>After 20 mins of lunch: Chew 1 small elaichi (cardamom) *[Helps in digestion and is anti-inflammatory]</p> <p>*Have Lemon Water (plain) after 10 -15 mins of meal for better absorption of nutrients</p>

4:30 PM	Pre Dinner (Pre-plan)	<p>5 Almonds (soaked overnight, peeled) with 1 tsp each of pumpkin, poppy and watermelon seeds</p> <p>At 6pm- Have Quinoa Pomegranate Salad</p>
8:30 PM	Dinner - (According to appetite)	<p>-Wheat Roti With Dhuli Dal + Tinda Veg</p> <p>Have water 1 glass everyday 20 mins after dinner.</p> <p>Steam with eucalyptus oil before bed</p> <p>Practice Deep breathing exercise before bed (refer to videos section for procedure)</p> <p>Pay Gratitude and be thankful for the day.</p>

Namit Jain (Diet Plan for 21-06-2024)**Day 3 [Friday]**

6:45 AM	Early morning	<p>Step 1- Pay gratitude, connect with nature, stretch a bit.</p> <p>Step 2- Oil Pulling (Method in recipe section)</p> <p>-Dhania/Coriander water</p> <p>Deep Breathing and stretching exercises for 5-10 minutes</p>
7:15 AM	Morning-	<p>-Have 1 Banana/Apple +1 Soaked Prune</p> <p>-During Workout Routine- Have Lemon Water With Chia seeds</p> <p>Post-Workout- Have Jaun Sattu Drink</p>
9:00 AM	Breakfast - Add 1 tsp desi ghee to the meals	- Have Oats Upma With Mint Chutney
11:30 AM	Mid morning	Mint Lassi
1:30 PM	Pre Lunch	-Tomato and Cucumber Salad
2:00 PM	Lunch	<p>- Beet Root Jaun Roti with any Dal</p> <p>After 20 mins of lunch: Chew 1 small elaichi (cardamom) *[Helps in digestion and is anti-inflammatory]</p> <p>*Have Lemon Water (plain) after 10 -15 mins of meal for better absorption of nutrients</p>

4:30 PM	Pre Dinner (Pre-plan)	<p>5 Almonds (soaked overnight, peeled) with 1 tsp each of pumpkin, poppy and watermelon seeds</p> <p>At 6pm -Have Vegetable Paneer Salad</p>
8:30 PM	Dinner - (According to appetite)	<p>-One Pot Meal (Refer Recipe Section)</p> <p>Have warm water 1 glass everyday 20 mins after dinner.</p> <p>Practice Deep breathing exercise before bed (refer to videos section for procedure)</p> <p>Pay Gratitude and be thankful for the day.</p>

Namit Jain (Diet Plan for 22-06-2024)**Day 4 [Saturday]**

6:45 AM	Early morning	<p>Step 1- Pay gratitude, connect with nature, stretch a bit.</p> <p>Step 2- Oil Pulling (Method in recipe section)</p> <p>-Copper Flask Water</p> <p>Deep Breathing and stretching exercises for 5-10 minutes</p>
7:15 AM	Morning-	<p>- Have Mango/Banana +1 Soaked Prune</p> <p>-During Workout Routine- Have Lemon Water With Chia seeds</p> <p>Post-Workout- Have Jaun Sattu Drink</p>
9:00 AM	Breakfast - Add 1 tsp desi ghee to the meals	-Vegetable Stuffed Roti with Curd
11:30 AM	Mid morning	- Have Jau Sattu
1:30 PM	Pre Lunch	-Baked Beet Root Salad
2:00 PM	Lunch	<p>-Soya Rice Pulao with Cucumber Raita</p> <p>After 20 mins of lunch: Chew 1 small elaichi (cardamom) *[Helps in digestion and is anti-inflammatory]</p> <p>*Have Lemon Water (plain) after 10 -15 mins of meal for better absorption of nutrients</p>

4:30 PM	Pre Dinner (Pre-plan)	<p>5 Almonds (soaked overnight, peeled) with 1 tsp each of pumpkin, poppy and watermelon seeds</p> <p>At 6pm- Makhana Paneer Chaat</p>
8:30 PM	Dinner - (According to appetite)	<p>- Vegetable Paneer Wrap</p> <p>1 glass warm water everyday 20 mins post dinner.</p> <p>Steam with eucalyptus oil before bed</p> <p>Practice Deep breathing exercise before bed (refer to videos section for procedure)</p> <p>Pay Gratitude and be thankful for the day.</p>

Namit Jain (Diet Plan for 23-06-2024)**Day 5 [Sunday]**

6:45 AM	Early morning	<p>Step 1- Pay gratitude, connect with nature, stretch a bit.</p> <p>Step 2- Oil Pulling (Method in recipe section)</p> <p>-Clay pot Water</p> <p>Deep Breathing and stretching exercises for 5-10 minutes</p>
7:15 AM	Morning-	<p>Have Plums/Peaches + 1 Soaked Prune</p> <p>-During Workout Routine- Have Lemon Water With Chia seeds</p> <p>Post-Workout- Have Jaun Sattu Drink</p>
9:00 AM	Breakfast - Add 1 tsp desi ghee to the meals	-Chilli Paneer Toast (2 Slices)
11:30 AM	Mid morning	-Jal Jeera
1:30 PM	Pre Lunch	Saute or steamed vegetable Salad
2:00 PM	Lunch	<p>-White Chana curry with Vegetable rice</p> <p>After 20 mins of lunch: Chew 1 small elaichi (cardamom) *[Helps in digestion and is anti-inflammatory]</p> <p>*Have Lemon Water (plain) after 10 -15 mins of meal for better absorption of nutrients</p>

4:30 PM	Pre Dinner (Pre-plan)	<p>5 Almonds (soaked overnight, peeled) with 1 tsp each of pumpkin, poppy and watermelon seeds</p> <p>At 6pm-Have Bhel Chaat</p>
8:30 PM	Dinner - (According to appetite)	<p>Ghiya Jau Roti (Add Greated Ghiya to Jau Dough) with Dhuli Dal</p> <p>Have warm water 1 glass everyday 20 mins after dinner.</p> <p>Steam with eucalyptus oil before bed</p> <p>Practice Deep breathing exercise before bed (refer to videos section for procedure)</p> <p>Pay Gratitude and be thankful for the day.</p>

Namit Jain (Diet Plan for 24-06-2024)**Day 6 [Monday]**

6:45 AM	Early morning	<p>Step 1- Pay gratitude, connect with nature, stretch a bit.</p> <p>Step 2- Oil Pulling (Method in recipe section)</p> <p>-Lemon Water</p> <p>Deep Breathing and stretching exercises for 5-10 minutes</p>
7:15 AM	Morning-	<p>-Have 1 Banana/Apple +1 Soaked Prune</p> <p>-During Workout Routine- Have Lemon Water With Chia seeds</p> <p>Post-Workout- Have Jaun Sattu Drink</p>
9:00 AM	Breakfast - Add 1 tsp desi ghee to the meals	- Besan chilla with Coconut Chutney
11:30 AM	Mid morning	Shikanji with Gond Katira water
1:30 PM	Pre Lunch	-Cucumber and Carrot Salad
2:00 PM	Lunch	<p>-Pleasure Meal (any homemade healthy meal)</p> <p>After 20 mins of lunch: Chew 1 small elaichi (cardamom) *[Helps in digestion and is anti-inflammatory]</p> <p>*Have Lemon Water (plain) after 10 -15 mins of meal for better absorption of nutrients</p>

4:30 PM	Pre Dinner (Pre-plan)	<p>5 Almonds (soaked overnight, peeled) with 1 tsp each of pumpkin, poppy and watermelon seeds</p> <p>At 6pm-Have Protein Power Salad</p>
8:30 PM	Dinner - (According to appetite)	<p>- Vegetable Khichari</p> <p>Have warm water 1 glass everyday 20 mins after dinner.</p> <p>Steam with eucalyptus oil before bed</p> <p>Practice Deep breathing exercise before bed (refer to videos section for procedure)</p> <p>Pay Gratitude and be thankful for the day.</p>

Namit Jain (Diet Plan for 25-06-2024)**Day 7 [Tuesday]**

6:45 AM	Early morning	Step 1- Pay gratitude, connect with nature, stretch a bit. Step 2- Oil Pulling (Method in recipe section) -Jeera Water Deep Breathing and stretching exercises for 5-10 minutes
7:15 AM	Morning-	- Have Mango/Banana +1 Soaked Prune -During Workout Routine- Have Lemon Water With Chia seeds Post-Workout- Have Jaun Sattu Drink
9:00 AM	Breakfast - Add 1 tsp desi ghee to the meals	- Veg paneer sandwich (2 slices)
11:30 AM	Mid morning	-have Coconut milk
1:30 PM	Pre Lunch	Saute or steamed vegetable Salad
2:00 PM	Lunch	-Rice Dal Dosa with Sambhar + Coconut Chutney After 20 mins of lunch: Chew 1 small elaichi (cardamom) *[Helps in digestion and is anti-inflammatory] *Have Lemon Water (plain) after 10 -15 mins of meal for better absorption of nutrients

4:30 PM	Pre Dinner (Pre-plan)	<p>5 Almonds (soaked overnight, peeled) with 1 tsp each of pumpkin, poppy and watermelon seeds</p> <p>At 6pm- - Have Steamed Paneer Dumpling with mint chutney</p>
8:30 PM	Dinner - (According to appetite)	<p>- Vegetable Rice with Moong Masoor Dal</p> <p>Have warm water 1 glass everyday 20 mins after dinner.</p> <p>Steam with eucalyptus oil before bed</p> <p>Practice Deep breathing exercise before bed (refer to videos section for procedure)</p> <p>Pay Gratitude and be thankful for the day.</p>