

## ABOUT US



We are a team of experienced health professionals in the field of diet therapy. Our team consist of renowned senior Doctors & Nutritionists, those have decade long experience in prescribing diet therapies for different health ailments such as Obesity, Diabetes, Cardiovascular diseases and so on. Our team do not offer general diet plans or scientifically unproven fancy diets, but we offer customized diet plan on the basis of medical reports & history, body's requirements, food preferences, scientific journals and national & international guidelines. Our team treats every client with full attention and customized plans to fulfil actual scientific requirements of not only macronutrients (Calories, Protein, Fat, Carbohydrate, Fibers), but also of micronutrients (Vitamins, Minerals, Antioxidants). By this way clients see results while eating tasty and nutritious meals. Our team breaks myths about food & nutrition and educate people to live healthy lifestyle with the help of our sound and decade-old experience.

Below is the scientific, nutritious and delicious some of the meals, which are easy to cook and are suitable for weight loss goals.

**ONE DAY GENERAL DIET PLAN – GLUTEN FREE**

06:30 AM	MILK SHAKE WITH CHIA SEEDS	AMOUNT	APPROXIMATE NUTRITION VALUE FOR GENERAL ONE DAY DIET-GLUTEN FREE DIET	
	Toned Milk	200 ml	<b>TOTAL CALORIES</b>	<b>2021.83 KC</b>
	Chopped Apple	100 gm	<b>PROTEIN</b>	<b>78.92 GM</b>
	Chia Seeds	10 gm	<b>CARBOHYDRATE</b>	<b>186.12 GM</b>
	Sugar Free	As per taste	<b>FIBERS</b>	<b>35.03 GM</b>
	Cinnamon Powder	As per taste	<b>FAT</b>	<b>40 GM</b>
	Cardemom Powder	As per taste	<b>VITAMIN A</b>	<b>2535.32 MCG</b>
	Vanilla Essence	As per taste	<b>B1</b>	<b>1.16 MG</b>
			<b>B2</b>	<b>0.41 MG</b>
<b>07:30 AM</b>	<b>HOT TEA</b>	<b>AMOUNT</b>	<b>B3</b>	<b>8.102 MG</b>
	Milk	50 ml	<b>B5</b>	<b>3.19 MG</b>
	Sugar	5 gm	<b>B9</b>	<b>241.55 MCG</b>
	Tea	As per taste	<b>VITAMIN C</b>	<b>60.52 MG</b>
			<b>CALCIUM</b>	<b>1142.57 MG</b>
<b>11:30 AM</b>	<b>BUTTER MILK</b>	<b>AMOUNT</b>	<b>MAGNESIUM</b>	<b>465.85 MG</b>
	Butter Milk	200 ml	<b>IRON</b>	<b>11.08 MG</b>
			<b>SODIUM</b>	<b>403.51 MG</b>
<b>01:30 PM</b>	<b>DAL FRY</b>	<b>AMOUNT</b>	<b>POTASSIUM</b>	<b>3760.92 MG</b>
	Toor Dal(Cajanus cajan)	30 gm		
	Onion	10 gm		
	Ginger	5 gm		
	Garlic	5 gm		
	Green Coriander	5 gm		
	Cumin seeds	As per taste		
	Turmeric Powder	As per taste		
	Low Sodium Salt	As per taste		
	Green Chilli	As per taste		
	Asofetida	As per taste		
	Kasuri Methi	As per taste		
	Desi Ghee	5 gm		
	<b>RICE CHAPATI-1</b>	<b>AMOUNT</b>		
	Rice Flour	30 gm		
	Vegetable Oil	5 ml		
	<b>RICE CHAPATI-2</b>	<b>AMOUNT</b>		
	Rice Flour	30 gm		
	Vegetable Oil	5 ml		
	<b>KUKUMBER-CURD</b>	<b>AMOUNT</b>		

	<b>RAITA</b>	
	<b>Curd</b>	100 gm
	Grated Cucumber	50 gm
	Mint Leaves	5 gm
	Raita Masala	As per taste
	<b>BROWN SPROUTS SALAD</b>	<b>AMOUNT</b>
	Sprouted Bengal Gram (Kala Chana)	15 gm
	Chopped Tomato	10 gm
	Chopped Onion	10 gm
	Lemon Juice	As per taste
	Chaat Masala	As per taste
	Grated Almonds	As per taste
	Kishmish	As per taste
	Green Chilli	As per taste

<b>03:30 PM</b>	<b>SEASONAL FRUIT SALAD</b>	<b>AMOUNT</b>
	Sliced Apple	100 gm
	Sliced Banana	100 gm
	Pomegranate	10 gm
	Chaat Masala	As per taste
	Grated Almonds	As per taste
	Kishmish	As per taste
	Grated Mint	As per taste
	Lemon Juice	As per taste

<b>05:30 PM</b>	<b>HOT COFFEE</b>	<b>AMOUNT</b>
	Toned Milk	50 ml
	Sugar	5 gm
	Coffee Powder	As per taste

<b>07:30 PM</b>	<b>4 EGG WHITES</b>	<b>AMOUNT</b>
	4 Egg Whites	4 Egg Whites
	<b>TOMATO SOUPE</b>	<b>AMOUNT</b>
	Chopped Tomato	100 gm
	Garlic	10 gm
	Butter	10 ml
	Black Pepper	As per Taste
	Low Sodium Salt	As per Taste

	Sugar	5 gm
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09:30 PM	QUINOA POHA	AMOUNT
	Quinoa	30 gm
	Chopped Tomato	20 gm
	Green Peas	10 gm
	Chopped Onion	10 gm
	Carrot	10 gm
	Roasted Peanuts	5 gm
	Veg Oil	5 ml
	Green Corriander	5 gm
	Lemon Juice	5 ml
	Green Chilli	For taste
	Curry Leaves	For taste
	Musturd Seeds	For taste
	Asofoetida	For taste
	Low Sodium Salt	For taste
	LOW GI APPLE KHEER	AMOUNT
	Toned Milk	200 ml
	Crushed Apple	50 gm
	Vegetable Oil	5 ml
	Sugar Free	As per taste
	Grated Almonds	As per taste
	Kishmis	As per taste
	Saffron	As per taste
	GREEN SPROUTS SALAD	AMOUNT
	Sprouted Green Gram	15 gm
	Chopped Tomato	10 gm
	Chopped Onion	10 gm
	Lemon Juice	As per taste
	Chaat Masala	As per taste
	Green Chilli	As per taste
	Grated Almonds	As per taste
	Kishmis	As per taste

10:30 PM	HOT YELLOW MILK	AMOUNT
	Milk	200 ml
	Turmeric Powder	5 gm

## DO'S

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- Use non-stick cooking ware during cooking.
- You can use any type of spices as per your taste.
- If feel hungry, any type of fruit is allowed.
- During the day, any type of without sugar beverage can be taken such as Herbal tea, Green tea, Lemon tea for refreshment.
- Use low sodium salt, which is easily available in your super market.
- Use very minimum amount of sodium salt as much as you can. Instead, for improving taste, you may use different ingredients such as lemon juice, tamarind juice, dried mango powder, black pepper, small amount of sugar etc.
- Liberal intake of fruits & vegetables are allowed.
- Intake of toned milk is allowed.
- Intake of lean chicken, fish and egg white is allowed.
- Drink 15-20 glasses of water (preferably Luke warm water) every day for improving metabolism, healthy digestion and detoxification.
- Use measuring cups & spoons for measuring ingredients such oil, sugar, vegetables, flour and others before cooking for nutrition values. It is essential for following planned diet.
- Every day 45- 60 minutes of physical activity is essential for weight management such as Cycling, Skipping, Running, Jogging, Surya-namashkar, Swimming or any type of planned exercise is recommended for improving metabolism and burn fat.
- If you have any health condition, please connect to your Dietician before following.
- For more, please visit [www.thinkyou.in](http://www.thinkyou.in) or email to [infor@thinkyou.in](mailto:infor@thinkyou.in)

## DON'S

- Avoid wheat based Chapati, Bread, Crackers, Pasta, Noodles, Burger, Semolina, Deserts etc.
- Avoid Barley based products such as Malt vinegar, Barley malt.
- Avoid Rye, Chicken broth, some salad dressings, soy sauce, Mixed oats with gluten ingredients.
- Avoid MSG (Mono Sodium Glutamate), Lecithin, Wheat starch, Asafoitida.
- Ketchups made with artificial vinegar.
- Don't use junk foods during this diet plan.
- Don't consume alcohol during use of this diet plan.
- Don't skip your prescribed medicines during this diet plan.
- Avoid processed food of market such as crackers, biscuits, namkeen, papad, chatni, ketchups, achaar etc, those contain wheat content

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