



DIETITIAN'S CHOICE- ONE DAY DIET PLAN- GENERAL PREGNANT MODERATE WORKING WOMAN

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 DIET PLAN- GENERAL PREGNANT MODERATE WORKING WOMAN

06:30 AM	MILK SHAKE WITH CHIA SEEDS	AMOUNT	APPROXIMATE NUTRITION VALUE FOR GENERAL ONE DAY DIET-PREGNANT WOMEN MODERATE WORK	
	Toned Milk	200 ml	TOTAL CALORIES	2616.12 KC
	Chopped Apple	100 gm	PROTEIN	103.74 GM
	Chia Seeds	10 gm	CARBOHYDRATE	279.53 GM
	Sugar	5 gm	FIBERS	69.35 GM
	Cinnamon Powder	As per taste	FAT	35 GM
	Cardamom Powder	As per taste	VITAMIN A	12072.42 MCG
			B1	2.02 MG
07:30 AM	HOT TEA	AMOUNT	B2	1.05 MG
	Milk	50 ml	B3	11.62 MG
	Sugar	5 gm	B5	5.73 MG
	Tea	As per taste	B9	1149.03 MCG
			VITAMIN C	178.53 MG
	ROASTED PEANUTS	20 gm	CALCIUM	1948.75 MG
			MAGNESIUM	1059.19 MG
09:30 AM	SOYA SANDWITCH	AMOUNT	IRON	36.85 MG
	Brown Bread	2 Slices	SODIUM	823.56 MG
	Soya granules	15 gm	POTASSIUM	7574.10 MG
	Onion	10 gm		
	Chopped Tomato	10 gm		
	Veg Oil	5 ml		
	Black Pepper	As per taste		
	Low Sodium Salt	As per taste		
11:30 AM	BUTTER MILK	AMOUNT		

	Butter Milk	200 ml		
01:30 PM	ALOO PALAK	AMOUNT		
	Spinach	200 gm		
	Boiled Potato	50 gm		
	Ginger	5 gm		
	Garlic	5 gm		
	Vegetable Oil	5 ml		
	Low Sodium Salt	As per taste		
	Red Chilli	As per taste		
	Garam Masala	As per taste		
	RAJMA	AMOUNT		
	Whole Rajma (Phaseolus vulgaris)	30 gm		
	Chopped Tomato	20 gm		
	Onion	10 gm		
	Curd	10 gm		
	Ginger	5 gm		
	Garlic	5 gm		
	Desi Ghee	5 gm		
	Green Coriander	5 gm		
	Low Sodium Salt	As per taste		
	Red Chilli	As per taste		
	Green Chilli	As per taste		
	Asoefetida	As per taste		
	Dried Mango	As per taste		
	Kasuri Methi	As per taste		
	Green Chilli	As per taste		
	MIX ROTI-1	AMOUNT		
	Whole Atta	20 gm		
	Soya Flour	5 gm		
	Grated Onion	5 gm		
	White Gingelly Seeds	5 gm		
	Garlic	5 gm		
	Green Coriander	5 gm		

	Low Sodium Salt for taste	As per taste		
	MIX ROTI-2	AMOUNT		
	Whole Atta	20 gm		
	Soya Flour	5 gm		
	Grated Onion	5 gm		
	White Gingelly Seeds	5 gm		
	Garlic	5 gm		
	Green Coriander	5 gm		
	Low Sodium Salt for taste	As per taste		
	RICE	30 gm		
	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		
	Kishmish	As per taste		
03:30 PM	SLICED APPLES	200 GM		
05:30 PM	HOT TEA	AMOUNT		
	Milk	50 ml		
	Sugar	5 gm		
	Tea	As per taste		
	MURMUREY	AMOUNT		
	Puffed Rice	20 gm		
	Roasted Chana	20 gm		
	Roasted Peanuts	10 gm		
	Onion	10 gm		
	Chopped Tomato	5 gm		



	Honey	5 ml		
	Lemon	5 ml		
	Chaat Masala			
07:30 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		
09:30 PM	PALAK PANEER	AMOUNT		
	Spinach	200 gm		
	Paneer	50 gm		
	Onion	10 gm		
	Ginger (One Teaspoon)	5 gm		
	Garlic	5 gm		
	Corriander Powder	5 gm		
	Garam Masala	5 gm		
	Red chilli	As per taste		
	Lemon Juice	5 ml		
	Kasuri Methi	As per taste		
	Oil	5 ml		
	Low Sodium Salt	As per taste		
	GREEN PARATHA-1	AMOUNT		
	Whole Atta	20 gm		
	Boiled Crushed Peas	10 gm		
	Grated Onion	5 gm		
	White Gingelly Seeds	5 gm		
	Garlic	5 gm		



	Spinach	10 gm		
	Veg Oil	5 ml		
	Low Sodium Salt	for taste		
	GREEN PARATHA-2	AMOUNT		
	Whole Atta	20 gm		
	Boiled Crushed Peas	10 gm		
	Grated Onion	5 gm		
	White Gingelly Seeds	5 gm		
	Garlic	5 gm		
	Spinach	10 gm		
	Veg Oil	5 ml		
	Low Sodium Salt	for taste		
10:30 PM	HOT YELLOW MILK	AMOUNT		
	Milk	200 ml		
	Turmeric Powder	5 gm		

DO'S

- Use non-stick cooking ware during cooking.
- If feel hungry, any type of fruit is allowed.
- Use low sodium salt, which is easily available in your super market.
- Use minimum amount of sodium salt.
- Liberal intake of fruits & vegetables are good.
- Eat Protein, Iron, Folic Acid and Calcium rich foods regularly.
- Regular physical activities are essential.
- Healthy diet prescribed by your Nutritionist.
- Drink 15-20 glasses of 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.
- If you have any health condition, please connect to your Dietician before following.
- For more, please visit www.thinkyou.in or email to info@thinkyou.in

DON'S



- Don't skip your prescribed medicines during this diet plan.
- Take medicines only when prescribed.
- Avoid superstitions and food taboos.
- Do not use Cigarette, Alcohol and tobacco.