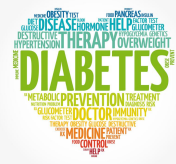




MY CARE CLINIC DIET PLAN



Breakfast



Include **250 gram (Edible Portion) Seasonal Fruits** in your breakfast.
You Can Also Have Dal Based Breakfast Like **Moong Dal/Beasan Cheela** etc

Mid Morning



You can take approx 50 gram **sprouts** in your mid morning snacks or whenever

Lunch



Eat minimum **250 gram Salad** including Raw Vegetables before your Lunch
Salad: 2 Cucumber + 2 Tomato (Local/Desi)



Rule of Eating: Sets of 1 Roti/Brown Rice + 1 Katorie Vegetable + 1 Katorie Dal
Grain Allowed Wheat Brown Rice

Evening Snacks



You can take approx 40 gram Nuts & Seeds, Soaked for 6-7 Hours, in your evening
Nuts Recommended for you are **Almonds & Wallnuts**
Seeds Recommended for you are **Pumpkin Seeds**

Dinner: Finish your dinner on or before 8:00 PM (Best time: 7:00 PM to 8:00 PM)



Eat minimum **250 gram Salad** including Raw Vegetables before your dinner
Salad: 1 Green Capsicum + 2 Tomato (Local/Desi)



Rule of Eating: Sets of 1 Roti/Brown Rice + 1 Katorie Vegetable + 1 Katorie Dal
Grain Allowed Wheat Brown Rice

MUST AVOID THESE FOOD ITEMS



- 1. Processed/Ultra Processed Foods:** Biscuits, Rusk, Bread, Burger, Pizza etc
- 2. High Carb Food Items:** with High Glycemic Index like Root Vegetables
- 3. Fried Food Items:** like Paratha, Samosa, Kachori, Bread Pakoda, Momos etc

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