



PERSONALISED 7 DAY TRIAL DIET PLAN

Designed exclusively by Namita

CLIENT DETAILS

Client Name:	Free 7 day trial	Plan Date:	
Age / Gender:	Any	Height / Weight:	
Health Goal:	Fat Loss	Plan Duration:	7 days
Medical Conditions:	NO medical complication	Allergies / Avoid:	If gluten and Lactose

NUTRITIONIST NOTES

- This diet is not for pregnant and breastfeeding women.
- This diet is not for severe medical condition patients (please consult your doctor).
- Do not expect 2–3 kg weight loss in 7 days.

DAILY MEAL PLAN

Meal Time	Time	Food & Quantity	Notes / Alternatives
Day 1			
Early Morning		Warm lemon water + 5 soaked almonds	
Breakfast		Vegetable oats upma + green tea	
Mid Morning		1 seasonal fruit	
Lunch		2 rotis + dal + sabzi + salad + buttermilk	
Evening Snack		Roasted chana + herbal tea	
Dinner		Vegetable khichdi + curd	
Bedtime		Ajwain water	
Day 2			
Early Morning		Soaked Methi seeds + 2 walnuts	
Breakfast		Moong dal chilla + mint chutney	
Mid Morning		Coconut water	
Lunch		Brown rice + rajma + salad + buttermilk	
Evening Snack		Makhana + green tea	
Dinner		Palak moong dal + 1 roti + sabzi	
Bedtime		Dalchini water	
Day 3			
Early Morning		Haldi and black pepper water + 5 almonds	



Meal Time	Time	Food & Quantity	Notes / Alternatives
Breakfast		Besan dal chilla + Curd	
Mid Morning		Mix fruit chaat	
Lunch		2 rotis + chicken curry / paneer + salad	
Evening Snack		Sprouts chaat	
Dinner		Paneer tikka / Chicken tikka + Salad	
Bedtime		Sauf water	
Day 4			
Early Morning		Warm water + honey + lemon	
Breakfast		Poha with vegetables (except potato & peanut) + green tea	
Mid Morning		Mix salad chaat	
Lunch		Brown rice + dal + sabzi + salad + curd	
Evening Snack		Sprouts chaat	
Dinner		Egg bhurji / Paneer bhurji + 1 roti + Salad	
Bedtime		Jeera water	
Day 5			
Early Morning		2 almonds + 1 walnut + 2 cashews + 2 pista	
Breakfast		2 Idli + sambar + coconut chutney / Peanut chutney	
Mid Morning		1 seasonal fruit	
Lunch		1 bajra roti + chole + salad + curd	
Evening Snack		Roasted chana	
Dinner		Brown rice + dal / Fish curry + salad	
Bedtime		Dhaniya Jeera water	
Day 6			
Early Morning		Warm lemon water + 2 walnuts + 1 Date	
Breakfast		Kaman dhokla + coconut chutney / Peanut chutney	
Mid Morning		1 apple	
Lunch		1 jowar roti + Moong dal + sabzi + salad + curd	
Evening Snack		Sprouts + lemon	
Dinner		1 roti + Egg curry / Paneer sabzi + salad	
Bedtime		Dalchini water	
Day 7			
Early Morning		2 almonds + 1 walnut + 2 cashews + 2 pista	
Breakfast		Vegetable paneer sandwich	
Mid Morning		Coconut water	
Lunch		1 Ragi roti + mix dal + sabzi + salad + Buttermilk	
Evening Snack		Roasted peanuts	
Dinner		Brown rice + dal / Mutton curry + salad	
Bedtime		Dhaniya Jeera water	



DAILY GUIDELINES

Water (glasses/day):	Minimum 3L Daily	Daily Sleep Target:	6–8 hours
Exercise / Walk:	Minimum 30 minutes of exercise of your choice	Foods to Strictly Avoid:	Sweets / Deep Fried

ADDITIONAL INSTRUCTIONS

If you feel any improvement in your energy, controlled craving, and experience some weight loss — and want to change your lifestyle completely — do reach out to us.

Next Review Date: _____

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