

CUSTOM MEAL PLAN

By Dietitian Moushumi

	Breakfast Meal
Option 1	<div>Smoothie</div> <ul style="list-style-type: none">• 1 banana medium• 1 cup Non-Fat Milk OR almond milk/ soy milk/ coconut milk/ pea milk• 2 tsp (1 tsp chia seeds + 1 tsp flax seeds)• 2 pinch cinnamon OR turmeric and pepper powder• ¼ cup steel cut oats• 1 tsp peanut butter OR protein powder• 1-1.5 cup berries OR any fruit of choice
Option 2	<div>Muesli</div> <ul style="list-style-type: none">• 1 cup Muesli OR steel cut oats• 1 cup milk skim OR substitute• ¼ cup walnuts OR dates chopped• 1-1.5 cup berries OR any fruit of choice• 2 tsp (1 tsp chia seeds + 1 tsp flax seeds)• 2 pinch cinnamon OR turmeric
Option 3	<div>Scrambled Egg and Toast</div> <ul style="list-style-type: none">• 1 whole Egg• 1 Egg White• 1 slice sprouted bread• 1- 1.5 cup vegetable of choice• 2 tsp (1 tsp chia seeds + 1 tsp flax seeds)• 2 pinch cinnamon OR turmeric OR fresh ground pepper

Option 4

Pancake

- Millet Dosa **OR** High protein pancake
- ½ cup millet soaked in warm water
- 1.5 cups vegetable of choice
- 2 tsp (1 tsp chia seeds + 1 tsp flax seeds)
- 2 pinch cinnamon **OR** turmeric **OR** fresh ground pepper

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	Lunch Meal
Option 1	Rice Pulao <ul style="list-style-type: none"> • ½ cup brown rice • 1 cup veggies of choice • 1 cup beans OR paneer OR protein
Option 2	Tofu/ Paneer Stir fry <ul style="list-style-type: none"> • 60-80 g tofu OR paneer • 1 cup cooked veggies • 1 cup millet OR Dalia
Option 3	Rajma / Dal chawal <ul style="list-style-type: none"> • 1 cup Rajma OR Dal of choice • ½ cup brown rice OR 1 whole grain chapati • 1 cup salad
Option 4	Quinoa Upma <ul style="list-style-type: none"> • ½ cup quinoa • 1 cup veggies • 1 cup black beans

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	Dinner Meal
Option 1	<p>Bean Bowl with Quinoa</p> <ul style="list-style-type: none">• ¾ cup kidney beans OR chickpeas OR soy chunks• 1 cup veggies of choice• ½ cup cooked Quinoa• Lemon juice OR cilantro dressing
Option 2	<p>Chicken/ fish wrap with salad</p> <ul style="list-style-type: none">• 4-5 oz grilled chicken OR Fish• 1 cup cooked veggies• 1 cup salad• 1 multigrain tortilla OR Chapati
Option 3	<p>Home made vegetable soup</p> <ul style="list-style-type: none">• 2 cups soup to be included• Add tofu OR lentils OR beans• 1/2 cup quinoa OR barley• 1.5 cups of veggies

Option 4

Chicken vegetable Soup

- ½ cup quinoa or barley
- 2 cups of soup
- 1.5 cups of veggies

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Weight Goal // Healthy Eating

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