

Blood Group Diet

Dear Chalbal



Your BMI
21.79
You are Normal Weight.

Your Approx. Target Weight
47 to 63 Kgs

Your Target Weight Loss
1-2 Kgs

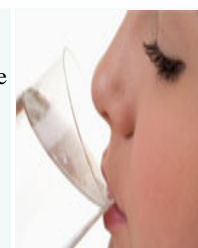
Your Blood Group is : A+

Your BMI calculation indicates that you are overweight meaning that you are Above the range of weight associated with lowest health risks. You need to lose weight and for that we recommend that you follow our Blood Group Diet plan.







As per your requirements and the menu chosen by you for yourself we have generated the following 14 day diet for you. Once you start the diet, make sure you follow it for 2 weeks. You can take a break for 2 days and go back to the diet.

Keep A Few Things In Mind!

1. Remember that we give you a choice of two dishes. You can have any ONE of the two.
2. Do not eat to fill yourself. Take small portions and NEVER eat to fill your stomach. STOP when you still have some space left in your stomach.
3. A recipe has been recommended for every dish. Follow the recipe as far as possible.
4. Keep a note of whatever you eat; even a biscuit. Remember, every bite counts!
5. We have planned 6 meals to keep you feeling full! DO NOT munch in between meals.
6. Drink up to 8 glasses of water everyday along with the diet



Following is Your Very Own Blood Group Diet Plan for Two Weeks

	Early Morning	Breakfast	Mid Morning	Lunch	Evening	Dinner
						
Day 1	Coffee with Skim Milk + no Sugar Or Ginger Tea	Baked Oat Meal (1 bowl) Or Spicy Sprouts Sandwich (2 nos)	Spinach Dhokla (4 pcs) Or Puffed Rice (1 katori)	Vegetable Biryani (1 bowl) +Cucumber Delite (1plate) Or Gajar Methi Vegetable (1 catori)+ Paushtik Roti (2)	Aprocot Or Pineapple	Masala Chach (1 glass) Or Gajar Methi Vegetable (1 catori)+ Paushtik Roti (2)
Day 2	Tea with Tonned Milk + Sugar Or Coffee with Toned Milk + Sugar	Poached Egg + Brown Bread Or Steamed Oat Surprise (4 pcs)	Spinach Dhokla (4 pcs) Or Black Chana Chat(1 katori)	Chicken Corn Soup (1 bowl) Or Lentil Soup (1 bowl)	Pineapple Or Flax seeds	Chicken Soup (1 bowl) Or Chicken Stock (1 bowl)
Day 3	Ginger Tea Or Coffee with Skim Milk + no Sugar	Poha (1 plate) Or Baked Oat Meal (1 bowl)	Puffed Muesli (1 katori) Or Black Chana Chat(1 katori)	cold cucumber soup (1 bowl) Or Greens Fried Rice (1 bowl)+ Cucumber Onion Raita (1 katori)	Flax seeds Or Aprocot	Mushroom Soup (1 bowl) Or Red Lentil and Vege Soup (1 bowl)
Day 4	Coffee with Toned Milk + Sugar Or Iced Tea (1 glass)	Steamed Oat Surprise (4 pcs) Or Spicy Sprouts Sandwich (2 nos)	Puffed Muesli (1 katori) Or Spinach Dhokla (4 pcs)	Carrot and Corriander Soup (1 bowl) Or Masala Chach (1 glass)	Pineapple Or Aprocot	Greens Fried Rice (1 bowl)+ Cucumber Onion Raita (1 katori) Or Chicken Stock (1 bowl)
Day 5	Ginger Tea Or Lemon Water (1 glass)	Baked Oat Meal (1 bowl) Or Poha (1 plate)	Puffed Rice (1 katori) Or Black Chana Chat(1 katori)	Red Lentil and Vege Soup (1 bowl) Or Mushroom Soup (1 bowl)	Aprocot Or Flax seeds	Avocado and Cilantro Soup (1 bowl) Or Vegetable Biryani (1 bowl) +Cucumber Delite (1plate)



Although the diet is designed based on the data provided by you, it may vary depending on many other parameters. Consult your doctor prior to undertaking any new diet program. Advance consultation with your doctor is particularly important if you are under 18 years old, pregnant, nursing or have any health problems. Never disregard professional medical advice or delay in seeking it because of something you have read on DesiDieter.

Day 6	Iced Tea (1 glass) Or Tea with Toned Milk + Sugar	Steamed Oat Surprise (4 pcs) Or Oats Daliya (1/2 bowl)	Puffed Muesli (1 katori) Or Fruity Chana Salad (1 katori)	Chicken Corn Soup (1 bowl) Or Carrot and Corriander Soup (1 bowl)	Pineapple Or Flax seeds	Fresh Green Soup (1 bowl) Or Lentil Soup (1 bowl)
Day 7	Lemon Water (1 glass) Or Ginger Tea	Poached Egg + Brown Bread Or Baked Oat Meal (1 bowl)	Puffed Muesli (1 katori) Or Fruity Chana Salad (1 katori)	Chicken Soup (1 bowl) Or Chicken Stock (1 bowl)	Flax seeds Or Apricot	Carrot and Corriander Soup (1 bowl) Or Gajar Methi Vegetable (1 katori)+ Paushtik Roti (2)
Day 8	Ginger Tea Or Coffee with Skim Milk + no Sugar	Oats Daliya (1/2 bowl) Or Steamed Oat Surprise (4 pcs)	Black Chana Chat(1 katori) Or Spinach Dhokla (4 pcs)	Mushroom Soup (1 bowl) Or Red Lentil and Vege Soup (1 bowl)	Apricot Or Pineapple	Fresh Green Soup (1 bowl) Or Avocado and Cilantro Soup (1 bowl)
Day 9	Tea with Toned Milk + Sugar Or Iced Tea (1 glass)	Poached Egg + Brown Bread Or Baked Oat Meal (1 bowl)	Black Chana Chat(1 katori) Or Spinach Dhokla (4 pcs)	Chicken Stock (1 bowl) Or Vegetable Biryani (1 bowl) +Cucumber Delite (1plate)	Pineapple Or Flax seeds	cold cucumber soup (1 bowl) Or Red Lentil and Vege Soup (1 bowl)
Day 10	Coffee with Skim Milk + no Sugar Or Iced Tea (1 glass)	Poha (1 plate) Or Spicy Sprouts Sandwich (2 nos)	Spinach Dhokla (4 pcs) Or Steamed Beans with Almonds	Red Lentil and Vege Soup (1 bowl) Or cold cucumber soup (1 bowl)	Flax seeds Or Apricot	Greens Fried Rice (1 bowl)+ Cucumber Onion Raita (1 katori) Or Chana Dal Paratha (2 nos) + Cauliflower Peas Subzi (1 katori)
Day 11	Lemon Water (1 glass) Or Tea with Toned Milk + Sugar	Steamed Oat Surprise (4 pcs) Or Oat Meal Porridge(1 bowl)	Spinach Dhokla (4 pcs) Or Puffed Rice (1 katori)	Mushroom Soup (1 bowl) Or Chicken Soup (1 bowl)	Pineapple Or Apricot	Gajar Methi Vegetable (1 katori)+ Paushtik Roti (2) Or Carrot and Corriander Soup (1 bowl)
Day 12	Coffee with Toned Milk + Sugar Or Ginger Tea	Oats Daliya (1/2 bowl) Or Spicy Sprouts Sandwich (2 nos)	Black Chana Chat(1 katori) Or Spinach Dhokla (4 pcs)	Masala Chach (1 glass) Or Greens Fried Rice (1 bowl)+ Cucumber Onion Raita (1 katori)	Apricot Or Flax seeds	Vegetable Biryani (1 bowl) +Cucumber Delite (1plate) Or Mushroom Soup (1 bowl)
Day 13	Ginger Tea Or Coffee with Skim Milk + no Sugar	Oat Meal Porridge(1 bowl) Or Poached Egg + Brown Bread	Puffed Muesli (1 katori) Or Puffed Rice (1 katori)	Vegetable Biryani (1 bowl) +Cucumber Delite (1plate) Or cold cucumber soup (1 bowl)	Flax seeds Or Pineapple	Lentil Soup (1 bowl) Or Chicken Corn Soup (1 bowl)
Day 14	Tea with Toned Milk + Sugar Or Iced Tea (1 glass)	Poha (1 plate) Or Steamed Oat Surprise (4 pcs)	Puffed Muesli (1 katori) Or Spinach Dhokla (4 pcs)	Chicken Stock (1 bowl) Or Chicken Soup (1 bowl)	Pineapple Or Apricot	cold cucumber soup (1 bowl) Or Greens Fried Rice (1 bowl)+ Cucumber Onion Raita (1 katori)

A Healthy Diet will help you achieve only half your goal! The other half will come from a Good Exercise Regime. Take a Fitness Profile Test and get your very own fitness plan!

If you have a question for our experts, go to [Ask an Expert](#).

Contact our nutrition expert at nutrition@desidieter.com and fitness expert at fitness@desidieter.com

For Tips on how to stay motivated during your diets, talk to our experts on [Facebook](#)  and [Twitter](#) 



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