

GET DIETITIAN CONSULTATION



Healthy life starts with the right diet...

Meal planning, weight management, or digestion issues? Let us help!

Expert guidance
for lasting
wellness

Dt. Perna Dhingra

★ Personalized Nutrition Plans



Weight Management Diet Solutions



Gut & Digestive Health Support



Hormone Imbalance Guidance



Diabetes Diet Support



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A SAMPLE DAY

Delhi-NCR Style Diet Plan

A balanced day of eating built around everyday Indian ingredients

Every meal below is chosen for how naturally it fits an Indian kitchen – nothing exotic, nothing hard to find. It's designed to keep your energy steady, support digestion, and make healthy eating feel effortless.



Early Morning

A glass of lukewarm water with methi (fenugreek) seeds soaked overnight, or a glass of amla water.



Breakfast

Besan chilla stuffed with vegetables, or poha loaded with peanuts and vegetables, served with black tea.



Mid-Morning

A small handful of roasted chana, or a fruit such as guava.



Lunch

1-2 multigrain flatbreads with dal, a seasonal sabzi, and a fresh salad.

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SAMPLE DIET PLAN — DELHI-NCR STYLE



Evening

Green tea with roasted makhana (fox nuts).



Dinner

Vegetable khichdi with curd, or grilled fish / paneer with sauteed vegetables.

Note: Portion sizes and food choices should be adjusted according to your age, weight, activity level, and any existing health conditions such as thyroid, PCOS, diabetes, or fatty liver.

Why This Way of Eating Works

Spreading meals across the day keeps blood sugar and energy steady, so you avoid the crashes that lead to overeating. Familiar staples like methi, amla, besan, poha, chana, makhana, and khichdi make the plan easy to sustain, while fibre-rich flatbreads, dal, and seasonal sabzi at lunch, paired with a lighter dinner, support digestion and long-term metabolic health.

Want a Plan Made Just for You?

This sample day is a general starting point. A plan tailored to your body, goals, and lifestyle — whether that's weight loss, hormonal balance, fatty liver, diabetes, or general wellness — will get you far better and faster results.

Ready to Start Your Personalised Diet Journey?

Get a customised, dietitian-guided plan from Dt. Prerna Dhingra, built around your goals and everyday Indian food habits.

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This is a general sample plan for educational purposes. Please consult Dt. Prerna Dhingra for a plan customised to your health needs. Page 2