

Sanya

23rd to 29th Apr

30th Apr- Party Day

1st May- Detox Day

22/04/2022

Diet Plan

- 7:30 AM - Wake Up (2 Glass Fennel Water*)
- 8:00 AM - 1 Gujrati Chilla* with Mint Chutney
+ 2 Tbsp Anar
- 10:00 AM - 1 Glass Buttermilk with Roasted Jeera
- 12:00 Noon -1 Banana
- 1:30 PM - 2 Chapatti with Seasonal Veg + Curd
- 4:00 PM - 2 Cucumber + Lemon Juice Black salt+ 8 Raisins
- 6:00 PM - 1 Glass Nariyal Pani+ 1 Tsp Flax Seeds
- 8:00 PM - 1 or 2 Paneer Frankie*

- Recipes Attached
- Can increase and decrease the quantity of meals based on appetite
- Do not skip any meal

Supplements

Vitamin D3 60k with Sunday Lunch

Neurokind LC daily with Breakfast

Shelcal M at 9:00 PM

Continue the medication as suggested by your physician

Exercises

6000 Steps Per Day

Stretching Exercises for 10 Mins

Water

2.5- 3 Litres

Additional Notes

- No Biscuits and Bakery Products. No Mathri, Namkeen and Sweets.
- First Meal should be within 20 mins of waking up
- The Gap between 2 Meals should be in between 1.5 to 2.5 hours.
- Do not munch in between 2 meals