

Sanya

2nd to 8th May

9th May- Party Day

10th May- Detox Day

01/04/2022

Diet Plan

- 7:00 AM - Wake Up (2 Glass Khus Water*)
- 7:20 AM - 1 Veg Frankie*+ 50 Gms Phalsay
- 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 - 1 Apple with Cinnamon Powder
- 6:00 PM - 1 Glass Nariyal Pani+4 Almonds +
1 Tsp Flax Seeds
Or 8 Raisins+ 8 Almonds
- 8:00 PM - 1 Serving Mango Smoothie*
+ 40 Gms Paneer Roasties*
- 9:30 PM - Hanful Roasted Makhana

- 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