

DeepMala

Diet Plan for 8th to 14th Apr
15th Apr - Party Day
16th Apr - Detox Day

5/04/2022

Diet Plan

7:30 AM - Wake Up
7:45 AM - 2 Glass Water + 1 Banana
9:30 AM - 1 Bowl Chickpea Soup*+ 1 Cup Tea
11:30 AM - 1 Glass Nariyal Pani+ 2 Tsp Chia + 1 Cucumber
1:30 PM - 1 Bowl Rice with ½ Tsp Ghee+ Dal + Veg
3:30 PM - 1 Bowl Anar Raita*+ 1 Tsp Flax Seeds
5:00 PM - 1 Cup Tea+ 1 Bowl Roasted Chana chat*
7:30 PM - 1 Bowl Veg Soup* + 1 Bowl Veg Khichadi*

- Recipes Attached
- Can increase and decrease the quantity of meals based on appetite
- Do not skip any meal
- For Dinner 1st Complete the Soup and then start with Khichadi*

Supplements

Methylcobalmine 1500 with breakfast
Calcium Citrate 1000 for 1 month
Vitamin D3 60k with Lunch once in a week

Exercises

Stay Active throughout the day.
Try to complete 8000-10000 Steps

Water

3 Litres

Additional Notes

- No Biscuits and Bakery Products. No Mathri, Namkeen and Sweets.
- The Gap between 2 Meals should be in between 1.5 to 2.5 hours.
- Do not munch in between 2 meals