

Himani

12th to 18th May
19th May - Party Day
20th May - Detox Day

10/05/2022

Diet Plan

8:00 AM - Wake Up
8:10 AM - 1 Banana+ 2 Glass Jeera Detox Water*
9:30 AM - 1 Veg Frankie*/1 Bowl Mango Smoothie*
/Veg Poha* + Tea
11:30AM - 1 Glass Nariyal Pani/Kesar Shikanji+2 Tsp Chia
1:30 PM - 1 or 2 Jowar Chapatti/Rice + Dal + 4 Drum Sticks
3:30 PM - 1 Glass Thin Buttermilk with 2 Tsp Flax Seeds
5:00 PM - ½ Cup Tea/Green Tea + ½ Bowl Makhana
7:00 PM - 1 Bowl Veg Khichadi*/ Pineapple Smoothie*
2 Oats Chapatti with Dal and Green Chutney
9:00 PM - 1 Cup Chamomile Tea/ Lemon Water

- Recipes Attached
- Can increase and decrease the quantity of meals based on appetite
- Do not skip any meal
- Avoid Sweets, Refined Flours and Fried Stuff

Supplements

BecasulesZ with Breakfast
Supracal Post Dinner
Vitamin D3 60k every Sunday

Exercises

Complete 8,000 Steps
Avoid continuously sitting for more than an hour. Take 4 Mins Walk Break.
Practice stretching exercises 15 mins daily

Water

2 Litres

Additional Notes

- No Biscuits and Bakery Products
- No Mathri, Namkeen and Sweets