



*We Help You To Live A Healthy & Happy Life!!*

# Diet Plan

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***Recommended By: Weightshake Factory***

\*Disclaimer: For optimal result Weightshake Factory suggests you to strictly follow the diet plan as per the instructions mentioned by our dietitians.

# Client Details

## DIET PLAN 1<sup>st</sup> (SAPNA )

Sl. No.	Hours Of The Day	Instructions
1	Early morning	Cucumber detox 1 glass
2	Breakfast 10am	Boiled egg white 1-2 // 2 apple // 1 katoripoha (after 20min ) Half scoop of super diet in 300ml water
3	Mid – morning 11: 30am	Chia seed water 1 cup
4	Lunch 2pm	Veg pulao 1 bowl// khichdi 1 bowl with curd // rajmahsalad 1 bowl //roasted chicken 1 bowl Note - 10 minutes' walk post lunch + 1 cup warm water with lime
5	Evening tea 4pm	1 cup tea with 5 soaked almonds
7	Around 6 pm	Flax + chia + pumpkin seeds roast all and eat
6	Dinner 8-9	Peanut salad 1 bowl // chicken soup 1 bowl (homemade ) // apple smoothie 1 glass Night: chamomile tea 1 cup

### Points to remember

- Avoid eating out side
- Do some physical activity or exercise daily for 60 minutes (e.g. brisk walking).
- Avoid fried, oily & junk food
- Avoid alcohol and smoking.
- Drink at least 12 -14 glass of water daily.
- Avoid taking saturated fats such as ghee, butter or Vanaspati.
- Instead use vegetable oils such as olive oil, soybean oil mustard oil alternatively and that to in small quantity (2-3 tea spoon/day)
- Salad options include beetroot,orange, apple carrot,cucumber, tomato, broccoli , capsicum etc.
- Sleep 2 hours after taking dinner.
- Have small serving/portion size.
- Take at least 2-3 cups of green tea daily (no sugar ,no milk

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**We thank you for taking our services!**

**And wish you a healthy life ahead!!**

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