



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

Diet Plan

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.

DIET PLAN 1st(TAIJUSWINI)

Sl. No.	Hours Of The Day	Instructions
1	Early morning	Aloevera (20ml) in 1 glass of water
2	Breakfast 9am	Oats cheela 1-2 // moongdaalcheela 1-2 // apple smoothie 1 glass (yoghurt + milk) // Egg sandwich 2 with pudina chutney
3	Mid – morning 11: 30am	Green tea 1 cup with lime add chia seeds with 1 apple
4	Lunch 1 -2 pm	Khichdi 1 bowl // 2 chapati with 1 katoridaal and salad // kadhi 1 bowl with 1 katori brown rice // rajmah salad 1 bowl // egg bhurji (3 egg white) with green salad After 20min 1 tab of metabolism booster Note - 10 minutes' walk post lunch
5	Evening tea 5pm	1 glass of chia seeds water + 1 bowl pineapple small
7	Around 6 pm	Handful of dry fruits (almonds and walnuts) with chia seeds water
6	Dinner 8-9pm	2 apple small // 1 katorisabi // 1 katoridaal (after 20min) 1 scoop of super diet in 300ml water Night : 1 glass of luke warm water with honey &lemon

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

We thank you for taking our services!

And wish you a healthy life ahead!!



Veda Wellness