



*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> (JANEETA)**

Sl. No.	Hours Of The Day	Instructions
1	<b>Early morning</b>	Lemon + honey water 1 glass
2	<b>Breakfast 10am</b>	besancheela 1-2 with green chutney // vegetable sandwich 1 // 2 bread slice with 2 egg white  after 20min 1 tab of metabolism booster
3	<b>Mid – morning 11: 30am</b>	1 bowl watermelon with 1 glass of chia seeds water
4	<b>Lunch 2pm</b>	Besan chapatti 2 with sabji 1katori // boiled chanachaat 1 bowl //rice 1 katori with daal any // roasted chicken 250gm with veggies // roasted fish 250gm  Note - 10 minutes' walk post lunch + 1 cup warm water with lime
5	<b>Evening tea 4pm</b>	Green tea 1 cup
7	<b>Around 6 pm</b>	Black coffee 1 cup
6	<b>Dinner 8pm</b>	2 egg white // 1 katoridaal or roasted chicken 100gm (after 20min )  1 scoop of super diet in 300ml water

### 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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