



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.

Client Details

DIET PLAN 1ST (CHESSITA)

Sl. No.	Hours Of The Day	Instructions
1	Early morning	Aloevera + amla juice 20ml in 1 glass of water
2	Breakfast 10am	Veg sandwich 1-2 // besancheela 1-2 // dhokla 150gm // peanut butter + 2 brown bread // Veg poha 1 bowl
3	Mid – morning 11: 30am	1 bowl of pineapple
4	Lunch 2pm	Sautéed vegetables with 40gm roasted paneer // roasted soya chaap 1 bowl // black chanachaat 1 bowl with grated cheese 1 tab of metabolism booster Note - 10 minutes' walk post lunch + 1 cup warm water with lime
5	Evening tea 4pm	Bullet black coffee 1 cup
7	Around 6 pm	Flax + chia + pumpkin seeds 1 tsp (roast & eat) with 1 cup tea
6	Dinner 8pm	2 apple // 1 katoridaal(after 20min) 1 scoop of pro keto 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

We thank you for taking our services!

And wish you a healthy life ahead!!
