



*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>(DARSHINI)**

| Sl. No. | Hours Of The Day              | Instructions   |
|---------|-------------------------------|--|
| 1       | <b>Early morning 7:00am</b>   | Normal water 1 cup<br>Aloe vera juice 10ml in 1 glass of water   |
| 2       | <b>Breakfast 9-10am</b>       | Besancheela 1-2 with chutney // dhokla 150gm // paneer sandwich 1-2 // veg oats 1 bowl // apple shake 1 glass<br>after 20min 1 tab of metabolism booster diet                  |
| 3       | <b>Mid – morning 11: 30am</b> | Green tea 1 cup  |
| 4       | <b>Lunch 2pm</b>              | Veg pulao 1 bowl // 2 multigrain chapatti with any daal // vegetable oats 1 bowl // beetroot kababs 3-4 pcs<br>Note - 10 minutes' walk post lunch + 1 cup warm water with lime |
| 5       | <b>Evening tea 4pm</b>        | Hanfull of almonds   |
| 7       | <b>Around 6 pm</b>            | Apple cider vinegar 10ml in 1 glass of water   |
| 6       | <b>Dinner 8-9</b>             | 1 apple // 1 pear (after 20min )<br>1 scoop of 1 scoop of super diet<br>200ml water<br>Night: green tea 1 cup lime & honey   |

### 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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