



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

| Sl. No. | Hours Of The Day | Instructions |
|---------|------------------|--|
| 1 | Early morning | Aloe vera juice 10ml in 1 glass of water |
| 2 | Breakfast 10am | <ul style="list-style-type: none"> - Vegetable sandwich 1-2 - Boiled egg sandwich 1-2 - 1 bowl mix fruits - Apple shake 1-2 glass |
| 3 | Mid Day 12:00 PM | Chia seeds water 1 glass |
| 4 | Lunch 2pm | <ul style="list-style-type: none"> - 2 multigrain chapati 1-2 + sabji 1 bowl (any seasonal) - Vegetable khichdi 1 bowl - Vegetable daliya 1 bowl pulses any with 1 katori rice <p>After 20min 1 tab of metabolism booster</p> |
| 5 | Evening tea 4pm | Green tea 1 cup with 2 biscuits |
| 7 | Around 6 pm | 5 almonds + 2 walnuts |
| 6 | Dinner 8pm | <p>1 apple / 1 pear (after 20min)</p> <p>1 scoop of super diet in 300ml water</p> <p>Night : ginger + honey water 1 cup</p> |

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!!
