



*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 1<sup>ST</sup>(ASHOU)**

Sl. No.	Hours Of The Day	Instructions
1	<b>Early morning</b>	Amla juice 20ml in 1 glas of water
2	<b>Breakfast 9am</b>	Vegetable sandwich 1-2 // vegetable oats 1 bowl // watermelon slush 1 glass with 2 butter toast // 1 bowl poha with vegies
3	<b>Mid – morning 11: 30am</b>	Black coffee add 2 tbsp coconut oil
4	<b>Lunch 1 pm</b>	<p>Veg Salad (include 1 full capsicum + other options as mentioned on right hand side)– 1 big bowl (10 minutes before taking lunch)</p> <p>Dhokla (250gm) // brown rice 1 bowl with daal 2 katori // vegetable daliya 1 bowl // sprouts 1 bowl // paneer roasted salad 1 bowl</p> <p>After 20min 1 tab of metabolism booster</p> <p>Note - 10 minutes' walk post lunch</p>
5	<b>Evening tea 4pm</b>	Chia seeds water 1 cup
7	<b>Around 6 pm</b>	1 cup tea with handful of makhana
6	<b>Dinner 8-9pm</b>	<p>1 apple // 1 bowl of salad (after 20min )</p> <p>1 scoop of super diet in 300ml water</p> <p>Night : dates 2 with luke warm water &amp; 1 tab detox diet</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

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**We thank you for taking our services!**

**And wish you a healthy life ahead!!**

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