

Sunita Harkut

29th to 9th Sep

10 Sep - Party Day

11 Sep - Detox Day

26/08/2022

Diet Plan

6:00 AM - Wake Up
6:10 AM - 1 Banana + 2 Glass Jeera Water*
7:30 AM - 1 Cup Tea+ 8-10 Roasted Makhana
9:30 AM - 1 Bowl Papaya Smoothie*
12:30 PM - 1 Cup Rice with Dal and Veggies
2:00 PM - 1 Glass Nariyal Pani+ 8 Cashews
4:00 PM - 1 Cup Tea + 1 Protein Laddu*
7:00 PM - 1 Bowl Veg Daliya*
9:00 PM - Chamomile Tea + 2 Tsp Sesame Seeds (Roasted)

- Recipes Attached
- Can increase and decrease the quantity of meals based on appetite
- Do not skip any meal
- Avoid Sweets, Refined Flours and Fried Stuff

Supplements

Omega 3 1500 with Lunch

Vitamin D360k per week

Calcium Citrate 1000 post Dinner

Exercises

Complete 10,000 Steps

45 Mins Stretching

Water

3 Litres

Additional Notes

No Biscuits and Bakery Products
No Mathri, Namkeen and Sweets