

Client Details

DIET PLAN (Priscilla)

Sl. No.	Hours Of The Day	Instructions
1	Early morning	Aloevera juice 20ml in 1 glass of water
2	Breakfast 10am	Oats cheela 1-2 // veg stuffed roti 1 with curd // chia +pineapple water with veg sandwich 2 // mango smoothie 1 glass
3	Mid – morning 11: 30am	1 bowl of pineapple
4	Lunch 2pm	Mix veg with 2 chapati // daal 2 katori with 1 bowl rice // rajmah salad 1 bowl // besancheela 1-2 // roasted chicken 250gm After 20min 1 tab of metabolism booster Note - 10 minutes' walk post lunch + 1 cup warm water with lime
5	Evening tea 4pm	1 apple
7	Around 6 pm	Flax + chia + pumpkin seeds 1 tsp (roast & eat) with 1 cup tea
6	Dinner 8pm	2 egg white // 1 katorisabji (after 20min) 1 scoop of super diet in 200ml 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!!



Veda Wellness
