

Client Details

DIET PLAN (JESSIE)

Sl. No.	Hours Of The Day	Instructions
1	Early morning	Aloe vera water (20ml) in 1 glass of water
2	Breakfast 10am	2 boiled egg / 2 apple // 1 katoripoha (after 20min) Half scoop of super diet in 300ml water
3	Mid – morning 11: 30am	Chia seed water 1 cup
4	Lunch 2pm	Veg pulao 1 bowl // multigrain chapatti 1 + any daal // khichdi 1 bowl with curd // rajmahsalad 1 bowl // roasted chicken After 20min 1 tab of metabolism booster Note - 10 minutes' walk post lunch + 1 cup warm water with lime
5	Evening tea 4pm	1 cup tea with 5 soaked almonds
7	Around 6 pm	Flax + chia + pumpkin seeds roast all and eat
6	Dinner 8-9	Peanut salad 1 bowl // 1 bowl rice with 2 katoridaal // veg oats 1 bowl // vegdaliya 1 bowl with curd // egg soup 1 bowl (homemade) Night: chamomile tea 1 cup

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!!
