

Client Details

DIET PLAN (Priya)

| Sl. No. | Hours Of The Day | Instructions |
|---------|------------------------|--|
| 1 | Early morning | Lemon + honey water 1 cup After half an hour tea 1 cup |
| 2 | Breakfast 10am | Oats cheela 1-2 // veg stuffed roti 1 with curd // veg poha 1 bowl // boiled eggs 2 |
| 3 | Mid – morning 11: 30am | 1-2 apple |
| 4 | Lunch 2pm | 1 bowl salad (cucumber + tomato + kakadi) after 20min 1-2 multigrain chapatti with 1 katori + 1 bowl vegetable + rice 1 bowl // egg bhurji 1 bowl with green salad After 20min 1 tab of metabolism booster Note - 10 minutes' walk post lunch + 1 cup warm water with lime |
| 5 | Evening tea 4pm | Honey + lemon water 1 glass |
| 7 | Around 6 pm | 1 apple |
| 6 | Dinner 8pm | Roasted chicken // 2 boiled egg white (after 20min) 1 scoop of super diet in 300ml 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!!
