

## **DIET PLAN (Roshan)**

Sl. No.	Hours Of The Day	Instructions
1	<b>Early morning</b>	Jeera + dhaniya + sauf water 1 glass with (dry fruits )
2	<b>Breakfast 9am</b>	Vegetable sandwich 1-2 // half fry (3 eggs ) // oats cheela 1-2 with green chutney // 1 bowl veg poha
3	<b>Mid – morning 11: 30am</b>	Ginger + honey lemon water 1 cup with roasted chana (handful of )
4	<b>Lunch 2-3pm</b>	Veg Salad (include 1 full capsicum + other options as mentioned on right hand side)– 1 big bowl (10 minutes before taking lunch)  besaan chapatti 1-2 with any vegetable or daal // daal 2 katori with 1 bowl rice // chicken pulao (40gm) // 1 bowl chicken with 2 multigrain chapatti  1 tab of metabolism booster  Note - 10 minutes' walk post lunch
5	<b>Evening tea 4pm</b>	1 cup green tea with 5 almonds
7	<b>Around 6 pm</b>	1 apple
6	<b>Dinner 8-9pm</b>	Black chanachaat 1 bowl // 1 pear (after 20min)  1 scoop of super diet in 200ml water  Night : 1 cup luke warm water (add honey and lime )

### **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 2-3cups 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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