

DIET PLAN (KHUSHAAM)

Sl. No.	Hours Of The Day	Instructions
1	Early morning	Aloevera (20ml) in 1 glass of water
2	Breakfast 9am	Peanut butter with 2 brown bread slice with chia seeds water // 2 egg white with black coffee 1 cup // papaya shake 1 glass After 20min 1 tab of metabolism booster
3	Mid – morning 11: 30am	Green tea 1 cup with lime add chia seeds
4	Lunch 1 -2 pm	Khichdi 1 bowl // 2 chapati with 1katoridaal or chicken sabji // showrama 1 bowl with salad green // egg roll 1-2 with green chutney // chicken biryani 1 bowl with curd Note - 10 minutes' walk post lunch
5	Evening tea 5pm	1 apple
7	Around 6 pm	Cucumber + mint + black pepper water 1 glass
6	Dinner 8-9pm	1 apple // roasted chicken 100gm // 1 bowl papaya (after 20min) 1 scoop of super diet in 300ml water Night : chamomile tea 1 cup with 1 tab of detox diet

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!!
