

Client Details

DIET PLAN (DARSHINEE)

Sl. No.	Hours Of The Day	Instructions
1	Early morning	Sauf + honey + lemon detox 1 glass
2	Breakfast 10am	Oats cheela 1-2 // 1-2 veg sandwich with green chutney // tofu sandwich 1 // cold coffee (made with toned milk & stevia) 1 glass with 2 peanut butter toast after 20min 1 tab of she+
3	Mid – morning 11: 30am	1 bowl of watermelon
4	Lunch 2pm	Mix veg with 2 chapatimultigrain // daal 2 katori with 1 bowl rice // rajmah salad 1 bowl // sprouts boiled with lemon water 1 glass After 20min 1 tab of metabolism booster Note - 10 minutes' walk post lunch + 1 cup warm water with lime
5	Evening tea 4pm	Black coffee 1 cup with handful of makhana
7	Around 6 pm	Flax + chia + pumpkin seeds 1 tsp (roast & eat) with 1 cup green tea
6	Dinner 8pm	apple 1 // 2 boiled egg white 2 (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 1-2 cups of green tea daily (no sugar ,no milk

We thank you for taking our services!

And wish you a healthy life ahead!!
