

DIET CHART



NAME-SHEELA JAIN

WEIGHT-66.00

MEAL TYPE	TIMINGS	
Wake-up	6.30 AM	Apple Cider Vinegar/Wheat Grass/Aloe Vera Juice/ Karela Jamun Juice with 250ml Warm Water
Pre-Workout	7.15 AM	1 Apple
Post Workout	9.00 AM	1 Scoop Protein (ON GOLD STANDARD)
Breakfast	10.00 AM	Muesli/Oats + Milk + Chia Seeds OR 1 small bowl Poha
Mid-Morning	12.00 PM	Any Citrus Fruit
Lunch	2.00 PM	50gm Panneer/Tofu/Soya Chunks / Chana + 1 Multigrain Roti + Vegetables + Salad+ 2 tbsp Curd + Roasted Flax Seeds (After Lunch)

Post Lunch	After 45 Minutes	Organic Green Tea + Lemon + Honey
Evening	5.30 PM	1 bowl boild corn / Pop corn + Dry Fruits (1 Anjir + 2 Almons + 2 Walnuts)
Dinner	8.30 PM	Salad

SALAD

Paneer + Boiled Chick Peas + Boiled Kidney Beans+ Sprouts+ Broccoli+ Tomato+ Cabbage/Lettuce+ Olives+ Cucumber+ Capsicum+ 1 Spoon Honey+ Chat Masala + Salt & Pepper + 1 Spoon Lemon Juice

NOTE: - PROTEIN SUPPLIMENT – ON (OPTIMUM NUTRITION) GOLD STANDARD