



General Diet Plan



Time	Description	Notes
On Waking Up	1/2 Lemon With Warm Water	Max 300 ML Of Water
Break Fast	Non Veg Option - Boiled Eggs With Fruits Veg Option - 100 Gms Sprouts With Pohe/Upma	Tea / Coffee If Required
Mid Morning Snacks	Apple or Guava	Drink minimum 1 Ltr Water Till 1 PM
Lunch	Fiber : Start the meal with a bowl of Salad	Cucumber + Tomato + Carrot
	Non Veg Preparation = Mutton / Chicken / Fish	Your Choice
	Veg Preparation = Leafy Vegetable	Methi / Palak /
	Carbohydrates - Bhakri or Chapati	Your Choice
	Along with Rice	
Evening Snacks	Coffee / Tea With High Fiber Biscuit	Your Choice
Dinner	Same As Lunch	As Above

Drink - 3 to 4 Ltrs of Water. Avoid High Processed Foods. Use Less Oil

For Your Personalised Diet Plan - Call 9881688340 / 9860107722