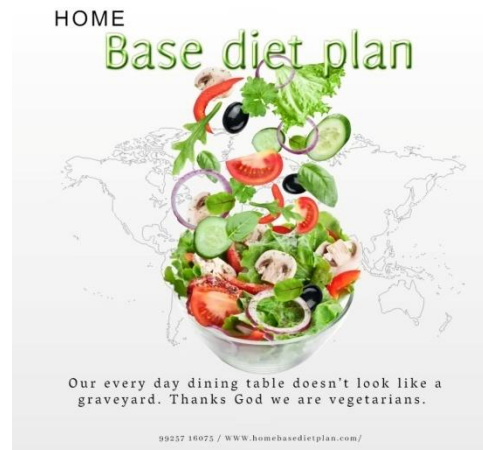




- **Dietician Hetal**

- For More Details Visit us on:- <https://www.homebasedietplan.com/>



- Name: Anju
- Age: 40
- Height: 5.2'
- Weight:66.8
- BMI:27.0

• **ThingsTo Do**

- ⇒ Exercise at least 3-4 times a week.
- ⇒ Food portions to be kept adequate
- ⇒ Sweets allowed only once a week.
- ⇒ Have 1-2 tbsp. of ghee everyday. (optional)
- ⇒ Alcohol allowed once a week.
- ⇒ Stay hydrated. (3 to4 litre of water).



- Dietician Hetal

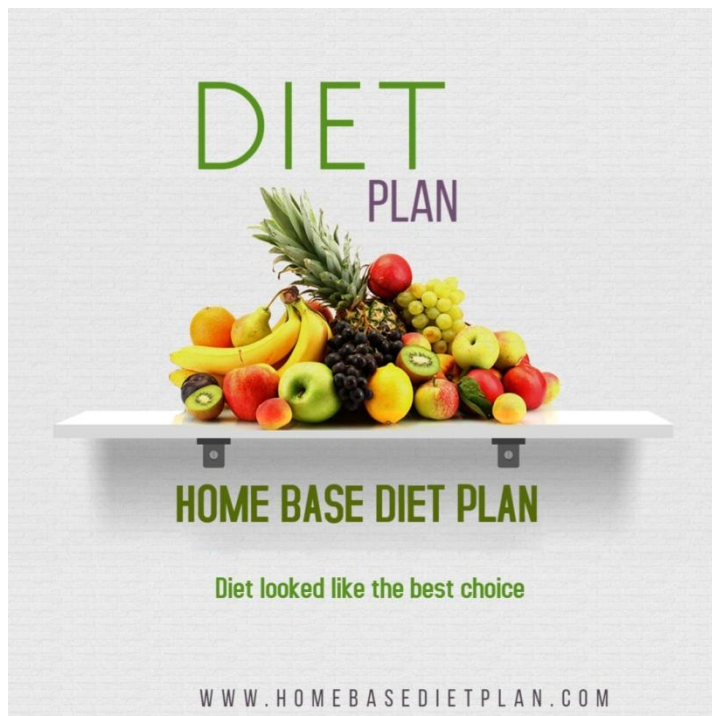
<u>MONDAY</u>	
WAKEUP TIME	1 glass of warm lemon water with (½tbs of overnight soaked methi and flaxseeds) After 30 min eat overnight soaked 4: Almonds and 2-3 dates.
10:00 AM	1 bowl kiwi + apple yogurt chat
12:30 PM	1 glass Mix fruits juice with add chia seeds
3-4 PM	Roasted salad(add curd) 1 bowl, 1 bowl mix dal, 1-2 pieces juvar / multigrain roti.
6 PM	Green tea 1 cup +1 bowl watermelon
8 PM	1-2 pieces multigrain roti, 1 bowl mix veggies ,1 bowl salad(add curd) After 30 min drink a glass of warm lemon water.

3-4 litter water drink per day.



- Dietician Hetal

Post dinner you can eat chikki and jiggery (sweet craving)



- This diet plan is customizing as per the details you filled.
- You have to report your result on every week without fail.
- No Refund policy after getting diet plan.
- If you need any alternatives of food or any queries from the plan please contact dietitioteam.
- Calling time-11 Am to 5 PM.

#Fitness journey with "Home_Base_ Diet_Plan"



- Dietician Hetal

- After completing one month don't repeat same diet, because every month change to be made in your calories in-take.
- In case if your details like name, age, height, weight is not matching then please contact us before starting this diet plan.

Workout Plan Chart

Every Monday & Tuesday

- 2 mins warm up
- Main workout : 30 mins (30 secs on 10 secs rest, two sets per exercise)
- High knees
- Burpee
- Plank shoulder tap
- Jump rope
- Lateral jumps
- Plank to push up Jumping

Every Wednesday & Thursday

- 2 mins warm up
- Warm up
- Main workout 2 sets (15 reps)
- Sit ups
- Dumbbell curls
- Triceps dip
- Bicycle crunches
- Boat hold
- Two arm dumbbell row
- Chest press
- Plank hold



- Dietician Hetal

Every Friday & Saturday

- 2 mins warm up
- Main workout : 30 mins (30 secs on 10 secs rest, two sets per exercise)
- High knees
- Burpee
- Plank shoulder tap
- Jump rope
- Lateral jumps
- Plank to push up Jumping
- jack
- Thigh slap jumps
- Mount climbers

➤ Sleeping time take a glass warm lemon water add pinch of turmeric powder.