

Mrs. Disha Gaikwad Diet Plan prepared by Nitin Lahane (Page 1) Stage 4

7.00am - Upon waking up drink 1 glass luke Warm water

After some time gap pre workout have 1 cup black coffee (Hot water and half spoon instant coffee powder)
Post workout - 2 egg whites (if done in evening then also have 2 egg whites post workout)



Breakfast - 65g Paneer bhaji Or 2 whole eggs omlet with 10ml oil

around 12pm - 1 cup black coffee or green tea

Lunch Around 1.30 to 2pm Between - 100g Broccoli and Lettuce or Spinach 100g juice + 100g paneer Or 3 Whole eggs Or Fish 200g

After lunch - 1 multivitamine (Supradyn or any brand) + vitamin C limcee 500mg chewable

Around 3.30 to 4pm between - 1 cup green tea or black coffee (Optional)

4 pm to 5pm between- half lime and pinch of salt with 300ml to 400ml water

Dinner around 7pm - Spinach Or Methi 100g + Fish 200g Or Chicken bonless 150g Or Eggs 3 with yellow (Omlet - No tomato) or no Boil) Or Paneer 100g + Oil (Olive Or Ghee Or any other brand) 15ml