

Rajat Jain

Nov Plan

4/11/2022

Diet Plan

- 7:00 AM - Wake Up
- 7:15 AM - 2 Glass Water + 1 Banana + 4 Almonds
- 9:00 AM - 1 Bowl Fruits+ 1 Scoop Protein in Milk
- 11:30 PM - 1 Glass Nariyal Pani + Handful Nuts
- 2:00 PM - 2 Chapatti with Dal and Veg + Salad
- 4:00 PM - 1 Glass Nariyal Pani + 2 Tsp CHia
- 6:00 PM - 1 Scoop Protein in Water
- 8:30 PM - 1 Bowl Soup*+ Chapatti with Paneer Veg

- Recipes Attached
- Can increase and decrease the quantity of meals based on appetite
- Do not skip any meal

Supplements

Vitamin B Zinc 2 Tabs with Breakfast

Neurokind LC, Folvite and Vitamin C 500 with Breakfast

Vitamin E 400 with Lunch

(Follow For November only, then will be revised)

Vitamin D360K once a Week after having 4 tabs in a raw (20 Tbas)

Exercises

Try to complete 10,000Steps

Workout 4 Days a week with minimum 30 mins each session

Water

2.5 Litres

Additional Notes

- **No Biscuits and Bakery Products. No Mathri, Namkeen and Sweets. No Fried Stuff**
- The Gap between 2 Meals should be in between 1.5 to 2.5 hours.
- Do not munch in between 2 meals