

# DIET PLAN

## Morning Routine (7:00 AM - 8:00 AM)



- 1 glass lukewarm water with lemon and honey OR jeera water
- 5 soaked almonds + 2 walnuts

## Breakfast (8:30 AM - 9:30 AM)



### Option 1:

- 1 bowl oats with milk and fruits
- 1 boiled egg (optional)

### Option 2:

- 2 vegetable stuffed chapatis with curd

### Option 3:

- Poha/upma with vegetables + 1 glass buttermilk

## Mid-Morning Snack (11:00 AM - 11:30 AM)



- 1 seasonal fruit (apple, banana, papaya, etc.)
- Green tea or herbal tea



Lunch (1:00 PM - 2:00 PM)



- 1-2 chapatis (whole wheat)
- 1 bowl brown rice
- 1 bowl dal/rajma/chole
- 1 bowl seasonal sabzi (vegetable curry)
- Salad (cucumber, carrot, beetroot, etc.)
- 1 glass buttermilk (chaach)

Evening Snack (4:30 PM - 5:00 PM)



- Option 1:
- Roasted chana or makhana
- Option 2:
- 1 fruit + green tea

Dinner (7:30 PM - 8:30 PM)



- 1-2 chapatis or light khichd
- Seasonal vegetable sabzi
- Salad

Post-Dinner (Optional)



- 1 cup warm turmeric milk (haldi doodh) before bed

 **Additional Tips:**

**Drink 8-10 glasses of water every day.**

**Avoid junk food, sugary drinks, and deep-fried things.**

**Physical activity: Walk or exercise for at least 30 minutes daily.**