



Vishal

FITNESS PLANET

presents

DIET CHART

Only for your good health

By Dr Swati and sr. Vishal verma



Early morning

2 glasses of Lukewarm water +
Overnight Soaked methi & methi water



Pre-workout out

Almond milk, apple

Or

Apple fig smoothie

Or

4 dates + Almond



Post-workout

4 egg white with steamed sprouts salad Or Veg or
chicken Oats chilla

20 mins before lunch drink (1 cup warm water+ 1tsp
apple cider vinegar+ 2 tsp honey+)

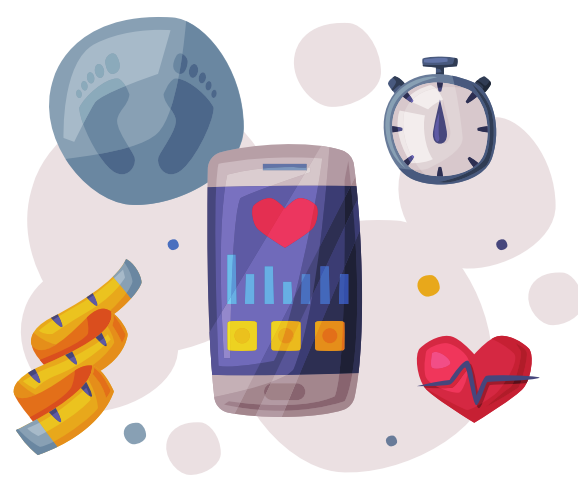
Lunch

Curd, chana dal lauki 2 jawar roti Or chicken biryani in 2 tsp ghee.



Evening

Green tea or 1 cup louki juice (1 cup louki+ 15 pudhina+ cumin+ black pepper+ black salt+ ginger + lime + little water ,blend)



Dinner

Palak soup with 1 bowl of quinoa. Or lemon pepper chicken

Note: Diet portions may vary as per your weight and height.

*A healthy outside
starts from*



INSIDE

Smart people make
SMART CHOICE

Start **TODAY**

