

Healthi Dite plan

Your para 🥗 Healthy Diet Plan for General Fitness (Desi Style)

🕒 Morning (7:00 - 8:00 AM) – Start Fresh

- 1 glass warm water + lemon + honey (optional: pinch of cinnamon)
- 5–6 soaked almonds + 2 walnuts
- 1 small bowl seasonal fruit (jaise papaya, apple, banana)

🍴 Breakfast (8:30 - 9:30 AM) – Energy Boost

Option 1:

- 2 multigrain chapati + 1 bowl vegetable sabzi + curd

Option 2:

- Oats porridge with milk + dry fruits

Option 3:

- 1 boiled egg + 1 toast + fruit (if you eat eggs)
- 1 cup green tea or black coffee (no sugar)

🕒 Mid-Morning Snack (11:00 AM)

- 1 fruit (apple/orange/guava) or
- 1 glass buttermilk / coconut water

🍽️ Lunch (1:00 - 2:00 PM) – Balanced Meal

- 1 cup brown rice or 2 chapatis
- 1 bowl dal or rajma/chhole
- 1 bowl seasonal vegetables

graph text

- Curd or salad (cucumber, beetroot, carrot)



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

- Roasted chana / foxnuts (makhana) / sprouts chaat

- Green tea / lemon water



- (Optional: Pre-Workout if gym jaate ho)

- 1 banana or black coffee (without sugar)

- Small handful of peanuts/almonds



- Dinner (7:00 - 8:00 PM) – Light & Clean

- 1-2 chapatis + light sabzi (lauki, tinda, etc.)

- OR

- Veg khichdi with ghee + curd

- OR

- Grilled paneer/tofu salad



- Bedtime (9:30 - 10:00 PM)

- 1 cup warm haldi milk (if desired)

- Avoid sugar and late-night snacks



- Tips:

- Har meal mein thoda protein zaroor lo (dal, paneer, tofu, milk)

- 3-4 litres paani rozana

- Sugar, fried cheezon, aur processed food se bachna