



28 Days Diet plan

Breakfast:

- 1-2 Boiled egg
- 4-5 tb. Spoon low fat yogurt
- 2-3 Unprocessed dates
- 10-15gm low fat cheese
- 1 Cup slimfast tea (after 10-15 minutes of breakfast)

Mid Morning:

- Small bowl of seasonal fruits and mix with 1/2 tea spoon of Moringa powder.

Lunch:

- Drink one glass of water 15-20 minutes before lunch
- 250gm grilled/boiled meat/chicken/fish/daal
- Small bowl of green vegetables salad with boiled corns
- Drink Moringa mehza digestive aid tea (one cup)

Evening snack:

- Cup of tea or coffee with stevia sweetner or honey with one or two sugar free biscuits.
- 1 small cup popcorn and handful of nuts.

Dinner:

- 1 Pc chicken tikka & 2 pcs grilled shami kabab
- 1-1/2 bowl of grilled vegetables.
- 3 tb spoon low fat yogurt
- One cup slimfast tea at dinner.
- 1/2 teaspoon of Moringa powder with water.

