

Notes:

- 1.) This is a 7 days' Diet Plan
- 2.) Each meal has 3-5 options in Breakfast, Lunch and Dinner. Choose any 1 option
- 3.) Each meal has options for both veg and non veg. You can choose either veg or non veg.
- 4.) Timing is not important. Just give a gap of 2.5 to 3 hours between each meal. For example, if you are having breakfast at 9.00 a.m., try to have mid-morning at 11.30-12.00 a.m. and lunch at 1.30-2.00 p.m. and so on.
- 5.) Try to finish your dinner at least 2 hours prior to bed
- 6.) Lot of time and effort have gone in to making this diet plan. Please follow it strictly. You will be able to lose 1-2 Kilos in 1st week itself.

Upon Waking: Options (Choose Either One) (Within 15 minutes after waking up)

- 1.) Lemon Water (1 Glass Luke Warm Water + 1 Lemon)
- 2.) 1 Glass Water + 2 tablespoon Apple Cider Vinegar
- 3.) 1-2 Cup Green Tea + 1 Lemon

Breakfast: Options (Choose Either One)

- 1.) 2 Besan Cheela + Green Chutney
- 2.) 2 Mung Dal Cheela + Green Chutney
- 3.) 1 Bowl Vegetable Poha/ Upma/ Oats/ Dalia + Green Chutney
- 4.) 1 Vegetable Sandwich + Green Chutney
- 5.) 2 Whole Eggs Omelette + 2 Multi Grain Bread



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Mid-Morning: Options (Choose Either One)

- 1.) 2 Chapati + Vegetable Sabzi + Salad + Curd
- 2.) 1 Bowl Vegetable Rice Pulao + Dal + Salad
- 3.) 2 Chapati + Chicken Curry (100 gm Chicken Pieces) + Salad

Evening Snack: Options (Choose Either One)

- 1.) 1 Cup Tea/Coffee + 1 Suji Rusk
- 2.) 1 Cup/Tea/Coffee + 10 Almonds
- 3.) 1 Cup Tea/Coffee + Sprouts Salad
- 4.) 1 Cup Green Tea + Chana Murmura/Khakra

Dinner: Options (Choose Either One)

- 1.) 1 Chapati + Vegetable Sabzi + Salad
- 2.) 1 Bowl Mung Dal Khichdi + Salad
- 3.) 1 Chapati + Chicken Curry (100 gm Chicken Pieces) + Salad
- 4.) 200 gm Grilled Chicken + Salad
- 5.) 200 gm Grilled Fish + Salad
- 6.) 100 Paneer Tikka + Salad

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CHECK OUT SOME OF OUR SUCCESS STORIES

VARUNA

"Join the Most Trusted Weight Loss Program in India"

Before
91 kgs

#Success stories

After
58 kgs

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Lost 33 Kgs
in only 7 Months

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WEIGHT LOSS STORY: THIS GIRL LOST A WHOPPING 33 KGS IN JUST 7 MONTHS AND STILL GOING STRONG.

Putting on weight is easier than losing it. We all know it. For 28-year-old Varuna, a professional, the problem got so bad that she stopped looking in the mirror. Nonetheless, she decided to lose her weight and become a better version of herself. With dedicated efforts and strong willpower, she shed her most of the weight in 7 months. Read this story to know how she did it.

The Turning point: I started to dread looking at myself in the mirror. One such day I decided to make the switch to a healthier lifestyle.



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My Breakfast: The biggest change I made in my life was my diet. In the mornings, in Breakfast, I eat what is recommended by Ask Your Diet.

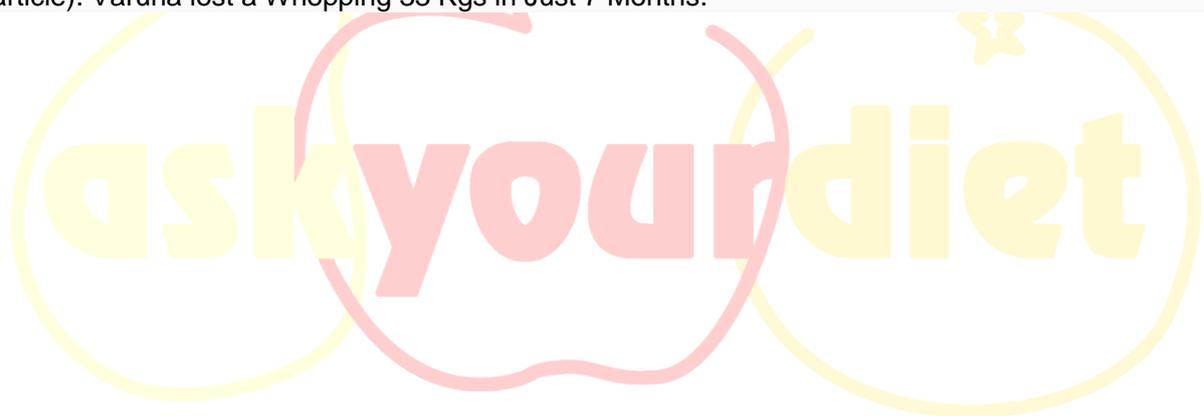
My Lunch: Daal is a must-have for me! I usually like to have one big bowl of daal with 2 chapati or rice or whatever is given in the Diet Plan by Ask Your Diet.

My Dinner: I make sure that I have my dinner at least 2 hours prior to bed so that I am able to digest it better. For my dinner again, I have 2 chapatis or Bowl of Rice with a bowl of daal and Vegetable Sabzi.

One thing I swear by: The one thing that has actually helped me get in shape fast and is something I would suggest everyone to do is to get your Diet Plan from Ask Your Diet. Trust me, weight loss food can be tasty too, I have learned this after starting my Diet Plan with them. I followed the Diet Plan given to me and this has helped me sculpt the muscles around the stomach. –

What shape do you see yourself 10 years down the line? I want to encourage all women who are obese and want to shed weight and tell them that nothing is impossible.

In order to become the better version of herself. With dedicated efforts and strong willpower, Varuna lost most of her Weight and still going strong (already lost 2 more Kgs while writing this article). Varuna lost a Whopping 33 Kgs in Just 7 Months.



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RUCHI

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Before
73 kgs

#Success stories

After
59 kgs

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Lost 14 Kgs
in only 2 Months

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WEIGHT LOSS STORY: "I BECAME A NEW PERSON AFTER LOSING A WHOPPING 14 KILOS AND LEARNED TO LOVE MYSELF!"

When you are overweight, life isn't exactly smooth. From battling unsolicited comments and the judgmental stares to health conditions which stem from all the extra kilos, 30-year-old, Mumbai based Ruchi had seen it all. However, when her confidence levels began to take a beating, she knew that she needed to pull her socks up and get back on track. Her weight loss journey is an example that when you start loving yourself more, anything is possible!

"I feel like a new person. None of the other weight loss programs have made me feel so good. My clothes fit again, no need to buy larger sizes thank goodness, and feel more determined than ever to keep the weight off. The nice thing is no packaged food, crazy combinations, and an easy program to follow. This is the best program I've ever been on. Everything is better. I sleep better, I enjoy exercise more, my skin looks better, I feel happier, healthier, and more confident." Thanks, Ask Your Diet. Ruchi said



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“Like many people, I tend to be cynical about claims of quick fixes to problems. When I learned what the program entailed, I knew that it would work. It is logical, safe, healthy, and I felt well looked after. This program has changed me for the better and for the rest of my life. This program is amazing!! With the supervision and support of the office staff, there is no way you can fail with this diet program. It was so exciting to weigh in every week and see the amazing progress.” Ruchi said

Fitness secrets I unveiled: When you love yourself and your body, you begin to put your health first. So, instead of craving for tasty dishes and cuisines, I crave to stay healthy and fit. In addition to fitting in the dresses of my choice, it is the motivational stories of people on Ask Your Diet Instagram platforms that keep me motivated to stay fit.

SHALENE

"Join the Most Trusted Weight Loss Program in India"

Before 75 kgs

#Success stories

After 55 kgs

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**Lost 20 Kgs
in only 5 Months**

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WEIGHT LOSS STORY: THIS MAKE-UP ARTIST LOST A MASSIVE 20 KGS IN ONLY 5 MONTHS AND GOT HER LIFE BACK. HER TRANSFORMATION IS JAW-DROPPING.



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Losing weight is not an easy task but it is not made any easier when you have people constantly commenting on how you look or remind you of your size. Something similar happened with this make-up artist. With dedicated efforts and strong willpower, she not only shed all of the weight in just 5 months but also became successful in her career.

How do you ensure you don't lose your focus? "I think will power is important if you need to achieve anything. We are humans and we tend to go off track at times which is why we need people by our side to remind us of our purpose in life. At the same time, you have to be strong-willed and determined to achieve your goal." She said

Lessons you learned from your fitness journey: There is a lot I have learned from my journey. Firstly, do not let negative comments about your weight affect you. And also, there is no shortcut to fitness. It takes a huge amount of time and dedication and you should not lose hope at any time.

Lifestyle changes: There have been a tremendous amount of change in my lifestyle. I sleep on time and ensure that I get my required hours of sleep as the muscles need rest. Also, there is a lot of change in my eating habits. I started eating healthy, keeping positive and like-minded people around me. I became a lot more confident with my body, more confident with my work. In fact, my career helped me to love myself more.

The Ask Your Diet Program was the easiest diet I have ever done! The diet plan was very simple home-cooked; I was eating all my favorite foods such as dal rice, poha, upma, dosa etc. When I started the program, I thought it was going to be like all the others, but soon I had lost 20 kilos. It took 4 months to lose the weight but time flew by and every week I was happy to get on the scale to see more weight had come off. Thanks, AYD.

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