



Plix skin care Diet

***Here is a diet plan tailored
to achieve your goals!***

7am Morning



Option 1:

1 glass lukewarm
water+ lemon or
2 Tbsp Amla Juice

8:00 am Breakfast

Energy: 300 Kcal ***Protein:*** 11g



Option 1:

1 glass milk +
1 plate vegetable
upma/poha

Option 2:

1 glass milk + 2 Dosa / 2 Idli /
+ 1 Bowl Sambhar



Option 2:

1 bowl wheat flakes
with milk

8:30 am Post Breakfast

1 tablet Glowy Skin Glutathione
in 200ml normal water



10:30 am Mid-morning

Energy: 100 Kcal **Protein:** 3g



Option 1:

Fruit yogurt- ($\frac{1}{2}$ cup berries+
1 cup yogurt)

Option 2:

1 bowl fruit+
8-10 mixed nuts



1:00pm Lunch

Energy: 450 Kcal **Protein:** 13g



Option 1:

2 chapati+
1 cup vegetable+
1 cup rice+
1 cup dal+ $\frac{1}{2}$ cup salad

Option 2:

1 paratha+
1 bowl vegetable pulao+
1 bowl curd



Option 3:

1 bhakri+
1 cup vegetable+
1 cup rice+ 1 cup dal+
½ cup salad

5:00 pm Evening Snack

Energy: 100 to 150Kcal **Protein:** 2 to 5g



Option 1:

1 cup tea/coffee/Plix Skin Tea+
1 cup roasted chana+
kurmura/ makhana/popcorn

Option 2:

1 cup tea/ coffee/
Plix Skin Tea+
sprouts chaat



7:30 pm Dinner

Energy: 325Kcal **Protein:** 10g



Option 1:

2 chapati+ 1 cup
vegetable + 1 cup dal +
½ cup salad

Option 2:

1 bowl vegetable
paneer pulao +
1 cup raita





Option 3:

1 bowl vegetable
pasta (wheat pasta) +
stir fried vegetables

Option 4:

3 pieces thin crust vegetable
pizza/ 1 vegetable burger +
vegetable sticks (healthy
cheat meal)



10 pm Bedtime

Energy: 5.56Kcal **Protein:** 0.2g



1 tablet Dewy Skin tablet
in 200ml normal water

Give yourself a pat on the back for coming this far!

Swear by these nutrition tips which apply to every diet!



Burn more calories than you are consuming by eating in deficit! 1,500 calories a day should do it!



2L - 2.5 liters of water daily is a must!



Healthy movement for at least 30 minutes daily goes a long way!



Adding fiber to your diet helps with digestion, cholesterol, and blood sugar levels!



Chew your food slowly & mindfully!



Eat more plant-based protein for speedy muscle recovery which burns fat in the process!

Get ready to 

***Take care,
Have Fun.***

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