

# R o a d   T r i p s   &   V a c a t i o n s

R e m e m b e r , y o u r t u m m y i s a l s o o n v a c a t i o n !

**Breakfast**

**1 Egg + 1 Cup Milk/ Tea/ Coffee Or  
Poha/ 2 Idlis / Upma/ Cereal + Milk**

**Mid-Morning**

**Green Tea/ Lemon Water/  
Coconut Water**

**Lunch**

**Keep Lunches Free (eat what you like)**

**Snack**

**1 cup - Tea + 1 Small bowl Dry Snack  
(Makhana/ Chana Roasted)**

**Dinner**

**Grilled Chicken/Fish/Paneer + Soup  
+ Grilled Veggies Or 2 Katori Dal +  
1 Katori Veg**

**Post-Dinner**

**Green tea**

# Let's say cheers to Good Health!

Plan for those heavy alcohol laden evenings (cocktails/ bachelorette parties etc)

## Breakfast

**1 cup - Almond Milk+ 1 Fruit**

## Mid-Morning

**Cinnamon water + 1 portion of Fruit**

## Lunch

**2 Small bowls - veg. Sabzi + 1 Small bowl  
- Dal + 1 Small bowl Salad**

## Snack

**1 cup - Black coffee + 1 Toast or 1 Egg**

## Dinner

**Grilled Snacks  
(avoid deep fried snack)  
Drink Water after every 20 mins.**

## Post-Dinner

**Lemon Shot before sleeping**

Disclaimer: We Do Not Support the Consumption of Alcoholic Beverages.

Women: 1 Serving per day ; Men: 2 Serving per day

# Pure Protein Day!

This helps you prepare for the weekend.

## Breakfast

**2-4 Boiled Egg Whites or Moong Dal Chila**

## Mid-Morning

**Lemon Water**

## Lunch

**Grilled Chicken /Tofu/ Fish or 2 Small Bowl - Yellow Moong Dal + 2 Small Bowl - Raita**

## Snack

**1 Cup - Coffee + Few Peanuts**

## Dinner

**2 - Boiled Egg Whites/Tofu/ Chicken/ Fish/ 2 Small Bowl of Yellow Dal**

## Post-Dinner

**Green Tea/ Isabgol with Water**

Note: Make sure you put in at least 30-40 minutes of Exercise and Drink at least 2 liters of Water.

# Dinner Out

Don't Let your weekend become weak-end.

## Breakfast

**1 Tall Glass - Veg. Juice + 1 Portion  
of Fruit + 4 Soaked Almonds +  
2 Soaked Dates**

## Mid-Morning

**Almond Milk Coffee**

## Lunch

**1 Oats Cheela + 1 Small Bowl of  
Sabzi + 1 Small Bowl of Salad**

## Snack

**Lemon Water + 1 Egg Whole/  
1 Small bowl of Sprouts**

## Dinner

**Eat whatever you feel like**

## Post-Dinner

**Tall Glass of Warm Water**

Note: Make sure you put in at least 30-40 minutes of Exercise and  
Drink at least 2 liters of Water.

# The Morning After!

If you have had a crazy weekend, here's how you can balance on your Monday morning.

## **Breakfast**

**3-4 Egg Whites + Almond milk**

## **Mid-Morning**

**1 tall glass - Lemon water + 1 portion  
of Fruit**

## **Lunch**

**1 Medium bowl - Khichdi + 1 small  
bowl - Curd**

## **Snack**

**1 Small bowl - Clear Soup**

## **Dinner**

**3 Egg Whites + Almond milk**

## **Post-Dinner**

**Warm Water**

Note: Make sure you put in at least 30-40 minutes of Exercise and Drink at least 2 liters of Water.

# Band Baaja and Diet!

Simple workable solutions to enjoy the weddings guilt-free.

**Breakfast**

**1 cup of Milk + 1 Egg/Fruit**

**Mid-Morning**

**1 portion of Fruit**

**Lunch**

**2 small bowls - Veg. Sabzi + 1 small bowl Salad**

**Snack**

**1 cup - Tea + 1 Besan /Moong Dal Cheela/ 1 Egg with Veggies**

**Dinner**

**½ Tandoori Roti/ Rice + Dal/ Paneer/ Chicken/ Fish + 1 Small bowl - Salad**

**Post-Dinner**

**Warm Water/ Lemon Water**

Note: Make sure you put in at least 30-40 minutes of Exercise and Drink at least 2 litres of Water.